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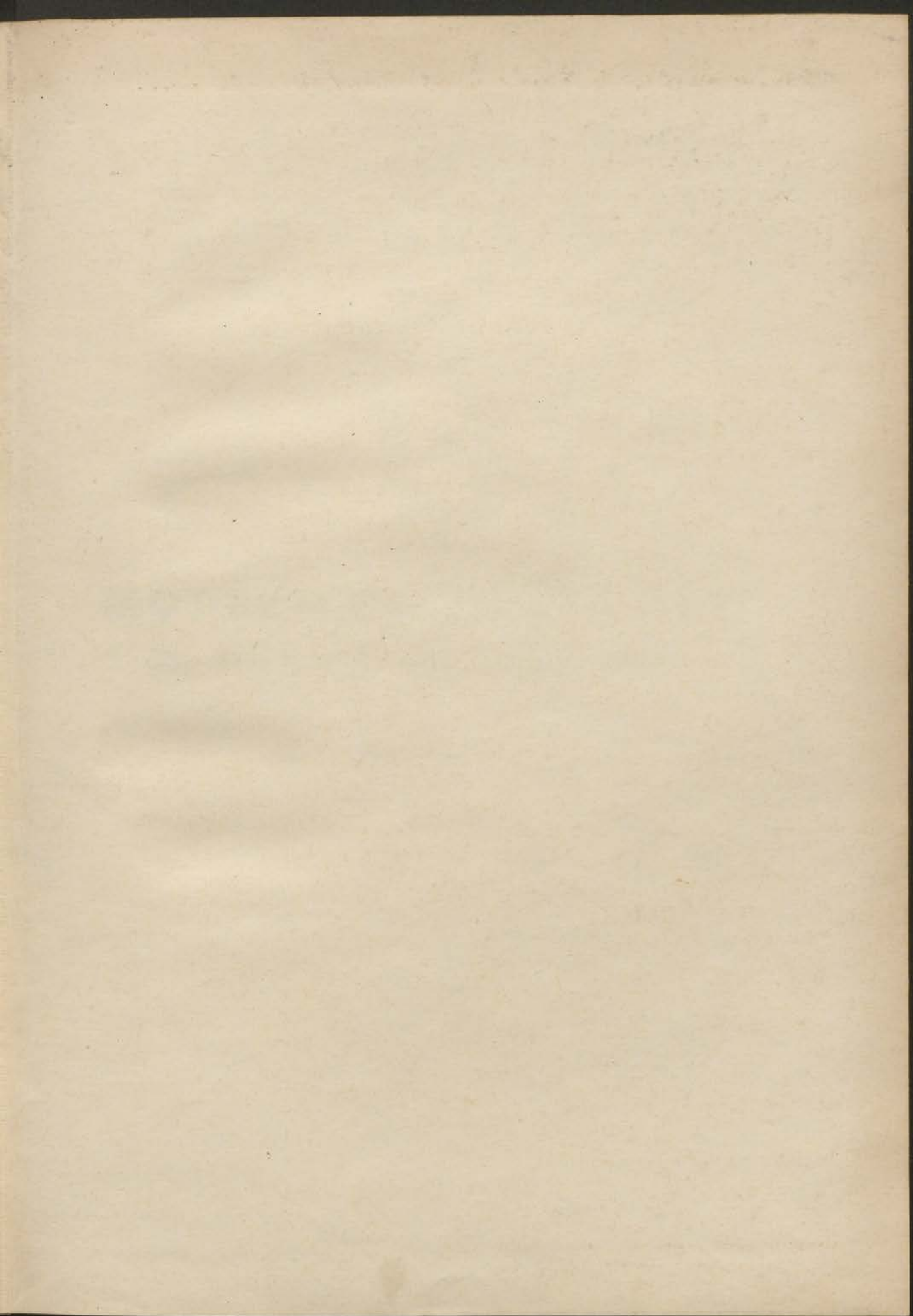


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modern culinary art

*the best french and foreign
cooking*

*480 Illustrations
3,500 Recipes*



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MODERN CULINARY ART

The Best French and Foreign Cookery

159.820



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MODERN CULINARY ART

THE BEST FRENCH AND FOREIGN COOKERY

COOKERY — PASTRY — SIMPLE CONFECTIONERY

:: :: :: :: ENTREMETS — ICES — JAMS :: :: :: ::

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BY

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Officier de l'Instruction publique et du Mérite Agricole
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JUNE 1936

EXHIBITION "GRANDE SAISON DE PARIS"
**Honour diplom with cross and medal of City
of Paris**

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DE SECOURS MUTUELS

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LONDRES, le 28 juillet 1937.

To
Monsieur H. Pellaprat, Maître Chef
Paris.

My dear Friend and Colleague,

I congratulate you on your excellent
idea of translating into English your book entitled
"L'Art Culinaire Moderne".

In England, lady cooks and also the best
of house-keepers are very fond of cookery lessons.

You will enable them to benefit by your
long years of professorship, and it is fortunate that you
have compiled in a most practical booklet, your extensive
knowledge.

The best feature of the book is its
simplicity and the preciseness of the recipes, which will
facilitate their execution.

The general advice that you give so
unsparingly is of great value, and I consider the
illustration to be the best that I know of.

The British public is very much more
epicurean than is commonly supposed, and I feel sure that
a good reception will be given to your work perfectly
achieved to guide all those interested in the "Art de bien
Manger".

I wish you every success, and assure
you that I shall not fail to recommend your book on
every occasion.

P. Harlo deaux

PRESIDENT.

Chevalier de la Légion d'Honneur
Chef de Cuisine, Carlton Hotel, Londres.

DEAR PELLAPRAT,

I have read with real interest and great pleasure the first issue of your book L'ART CULINAIRE MODERNE (to be translated in English under the title of : Modern Culinary Art and in Italian as L'Arte nella Cucina). Your work is the true expression of the art of French, English and foreing cookery.

I heartily congratulate you for having lavishly displayed in this book the knowledge and professional experience reaped during fifty years as a great cook and as a thorough instructor at the Official Schools of culinary art. No doubt, the housewife, in fact every woman who cares for comfort at home, will appreciate this admirable book.

Your knowledge has given its definite character to the cookery book for the home. It is apt to play an important part, a social rôle, in daily family life.

You have fully reached this aim, my dear friend.

I am sure your book will be a factor of conjugal happiness and further a precious adviser for the health of all, owing to its solid lessons of alimentary hygiene and various culinary recipes intentionnally prepared for all diets.

Further you have agreeably and usefully illustrated this book with many pictures. This is a very happy system for many cases, where a good illustration will help to render the recipe more comprehensive.

In writing this book on the cookery and pastry, I mean to say that you have written the perfect book of chevet; your work is in all cases, my dear Pellaprat, a book of great good sense and high professional probity.

It will receive the favour of public. It deserves this.

I greatly wish that the Minister of National Education adopts it as " Price " in all schools of domestic arts.

I once again express, my dear friend, all my compliments and I beg to subscribe to the first copy.

Francis CARTON,

Officier de la Légion d'honneur,
Président de l'Union Nationale des Associations Culinaires,
Président de la Fédération Mondiale des Groupements
Culinaires d'École Française,
Président d'Honneur de la Société des Cuisiniers de Paris.

To Mr. PELLAPRAT, Professor of cuisine and culinary author.

MY DEAR COLLEAGUE AND FRIEND,

I have read with all the attention they deserve, the receipts you sent me and which are taken from your new work dedicated to Modern Culinary Art and I find in these quotations the brilliant and definite qualities of your culinary teaching: method, precision and clearness.

This is a work for which I sincerely congratulate you, because it shows the strenuous efforts which have always tended to the realisation of your aim. Make it the vade mecum of every householdster, of every woman who has to manage a house, a splendid help for the ordinary and modest family kitchen, as well as for the higher class almost daily confronted with the task of offering a dinner for several guests.

The classical and reasoned distribution of its chapters makes research easy and steady light. The general winks and advices which precede them are of a value which has been overlooked by too many authors.

So this is an useful book in which one recognises from the first line the sure experience of the author; his well established knowledge and the happy feeling to be in company of a trustworthy advisor. This is another reason to give the book a hearty welcome and to help its circulation amongst the general public.

As I see it, I am convinced that your book is to meet the most favourable reception, for, by following your indications, the most unprepared housewife will be able to pass easily from the study of your recipes to their realisation, because she will have understood them at first sight as the descriptive form of your explanations makes them clear and easy to the very beginner.

Further you have done well and wise by eliminating those doctrinal formulas which generally perplex the reader and are even incomprehensible, and by keeping within the lines of simplicity and precision.

Besides, nobody was better qualified to diffuse a reasoned science running from details to the whole, even foreseeing eventual surprises which may occur in course of execution.

Therefore your work comes at the right time and it will easily dominate the mass of worthless books which overload our culinary biography. The old French saying will be fulfilled and your book ought to be offered as a gift to every bride.

I hardly feel it necessary to wish your work the success it deserves, as there can be no doubt about that success.

Yours sincerely,

Philéas GILBERT,

Culinary Author.

I am proud to be allowed to write in all sincerity and modesty that the editor of the Modern Culinary Art has taken all technical measures for the edition of this work.

The quality and simplicity of the recipes which make them readable to everybody, are guaranteed by the long experience of an artist in culinary art. More than thirty years teaching and continuous contact with the housewives of to-morrow, again guarantee the authority of our dear friend, Mr. H. Pellaprat. His long career (and what a career!) was devoted to the vulgarisation of classic and traditional cookery. But if the author of the book is to be congratulated, part of these congratulations go, no doubt, to Mr. Jacques Kramer for his intelligent choice.

This choice was once again happy when the laboratory was decided upon, where all these recipes could be tested and the culinary operations photographed. There was only one organisation able to cooperate with this work of several months and the editor had the good luck to knock at the right door.

Since 1894, pupils of all the world have left the schools of the "Cordon Bleu;" specialised Chefs have, in a patient learning, produced cooks who have kept high the reputation of the schools.

It is in this spirit to serve a good cause that the "Cordon Bleu" put at the disposition of Mr. Jacques Kramer the experience of its Chefs and of its installations.

We, therefore, thank the distinguished editor, Mr. Jacques Kramer, for his confidence in our experience and our reward, and that of our assistants, will be to have spread the services of our program amongst the readers of this book.

Jean GAULTIER.

Director of the Schools of «Cordon Bleu»
in Paris.

INTRODUCTION

After having during thirty years occupied the post of headteacher in the cookery and pastry schools of the „Cordon Bleu de Paris,” and published already several professional works, we have thought it worth while to occupy the leisure of retreat-deserved after fifty-three years in the most renowned kitchens of France, England, Italy, Switzerland and other countries — to gather in one volume the exact documentation of everything connected with kitchen and cookery.

We deal, in this work, with the making up of menus, a generally delicate question, the service of wines, the disposition of flowers, of drinks, coffee, tea, table service, cookery material and supply for the kitchen.

We give practical and economical advices, explaining every method exposed.

In fact, we have tried to remain, in this book, the teacher we have been for thirty years for thousands of pupils.

We also give about fifty menus drawn from this book, some for daily meals, others for little parties, others for receptions and ceremonies.

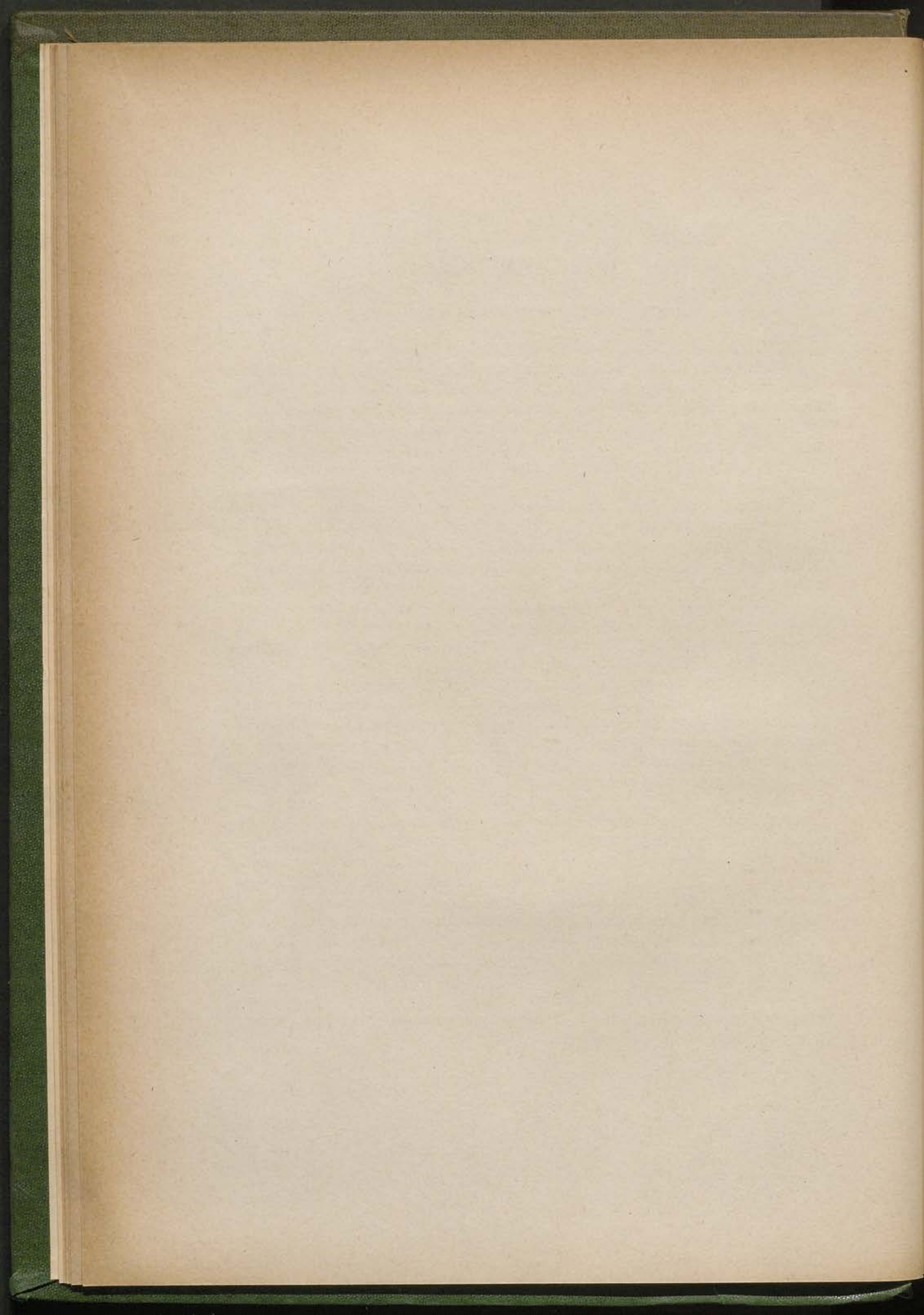
It is the duty of every hosters to receive well. To make this task easier, we have added to every chapter a few recipes out of the ordinary way and, of course, more expensive. And to make those explanations absolutely clear, we have added splendid coloured illustrations of the principal dishes presented. This will no doubt greatly encourage our ladies readers to undertake the recipes and to finish them with complete success.

We have wanted to present a lasting work in a line where so many books already are circulating, but seldom written by qualified professionals. Having started as an apprentice in 1882 and never left the white uniform since then, having worked in pastry, confectionary, having done all work in preserving, icing, chocolate, biscuits, we think without excessive vanity to have the right, as a complete cook, to teach the things we know so well when so many “quaches” present themselves as teachers of a science they never knew.

The recipes of this book are no more fantasy. They have all undergone the definite proof of the kitchen and many are due to the work of first class foreign specialists.

The art of using remnants, which is at the basis of domestic economy, is widely adapted and explained. I sincerely hope to have reached my aim : to be the educator of the housewife.

H. P.



DICTIONARY OF COOKERY TERMS

USED IN THIS BOOK

Arrow-root : Sort of fecula obtained from a Hindu tubercle.

To bard : Recover a meat, poultry or game with a thin slice of fat bacon, in order to avoid drying during the cooking.

To brown : Lightly toss.

To braise : To cook a meat or a vegetable during a long time in the accompanying sauce.

To bottom : In pastry : to garnish the inside of a mould with some paste. In cookery : to garnish with fat bacon and rounds of vegetables a cocotte or a dish in which the meats or vegetables will be braised.

Border moulds : See illustrations n^{os} 49, 50.

To caramelize : To cover with caramel sugar a cake mould.

“ Cerner ” : To make a light circular incision with the point of knife in order to mark the cover of a bouchée, a vol-au-vent, etc., or for marking before baking the place of the inside garnishing for a chaussons, Pithiviers cake, etc...

“ Chiffonade ” : Sorrel, lettuce and minced chervil, melted with butter.

Chinese tammy : Fine metallic sieve with pointed bottom in form of a chinese cap.

“ Chiqueter ” : To cut the top of a brioche with head of a knife, in order to facilitate its separation.

To cisel : To finely cut the herbs. To make incisions on a fish, etc... in order to facilitate the cooking.

To clarify : To render limpid a gravy, a stock or a jelly in whipping them on fire with some whites of eggs.

To cloute : To prick some pieces of truffles in a goose liver or a piece of meat.

“ Contiser ” : To make incisions in a meat or in a fish in which slices of truffles are introduced and which would be incrustated and would exceed in half.

“ Crépinette. ” : Sort of fat envelop used for covering the dishes.

" Croutonner " : A meat, poultry, game, etc., is croutonné in putting around the dish some pieces of breads cut in triangles and fried in butter. For a soup, pour therein some small dice of fried bread. For cold dishes, put around small motives of well firm jelly, cut in triangles, crescents with the punching press.

To cook at white : To bake croûtes of tartlets, timbales, etc., without garnishing; this one being replaced by rice, beans, stones, etc..., which are removed at the half baking. Put in oven for drying.

To cook in fat : All which is cooked with stock or a fat element.

To cook in meagre : Cooking with no fat element.

To collop : To cut meats, fish and vegetables in somewhat thin slices with a knife and obliquely for giving much surface than in cutting this right.

To decant : Slowly put in a basin a liquid which has been standing, in order to remove the clear part from the thick part.

To disgorge : To plunge some meats or fish in cold water during a certain time in order to remove their blood and for whitening the meats or fish.

To dry : To work a paste on a sweet fire in order to remove the wetness.

To dress : To give a definite form.

" Émonder " : To remove the peel of breaked almonds. They are put in boiling water during 2 minutes, refreshed, and pressed upon on the top.

To egg and bread crumb : See page III.

" Fraiser " : To mix the paste on a table with the palm of hand, for well mixing this.

To glaze : To powder with fine sugar the top of a cake or entremets and to put a moment in hot oven for caramelising the sugar. To give a brilliant appearance to a piece of braised meat in putting it some minutes in hot oven and in often sprinkling with its somewhat fat gravy. To congeal a mixture, a cream for making an ice. To recover a cake with a melting.
To put on a paste a pinch soaked in beaten egg for making a nice colour during the baking. Some cakes are glazed with milk.

" Grenadins " : See page 262.

Hard sauce : Thick sauce, firm with adjoining of flour, or egg yolks, or reduced.

To lay : To put on a plate-iron generally with the forcing-bag, some soft pastes, biscuits, meringues, etc., or Duchess potatoes, quenelles, etc.

To lard : To introduce lardoons or other foods in a meat, contrary of pricking.

Larding-Needle : Special needle used to lard.

Mixture : Composed of different alimentary elements, generally mixed with a sauce or a cream.

To mince : To cut in thin slices.

To macerate : Generally, the fruits are macerated with sugar, perfumes or alcohols. This term is also used for meats, but the expression : to marinate is more just.

To marinate : To soak the meats, generally the game in an aromatized and vinegared liquid. Meats of all nature fish, goose liver and even vegetables are also marinated with port-wine, madeira, etc...

To mask : To spread on a dish or a cake a couch of sauce or cream for entirely covering it.

Matignon : See page 115.

To mortify : To render old and more tender a too fresh meat, which cannot be eaten immediatly.

Manqué mould : See illustration n° 61. Anna potatoes.

To mix : To beat with spatula or whip a certain mixture, biscuit, paste, stuffing, etc...

To nap : See to mask.

To pound : To grossly break.

To pare : To remove the unuseful elements during cooking or dressing of a dish. A rib-steak or a ham is pared in removing the excess of grease. Cuttlets are pared in separating the bone of handle.

To pinch : To put a dish on a fire, until that the bottom is grilled. To pinch the border of a tart with the paste pinch.

To prick : To introduce on the surface of meat, poultry, etc., small lardoons of fat bacon or truffles with the princkling-needle.

To poach : To cook a dish in a liquid which must remain very hot, but without boiling. Eggs, fish, poultry, goose liver, etc... are poached.

To pan : To cook a meat covered, entirely with butter and some spices for a poultry, for instance. Or to toss and wet with some sauce and to give same time of cooking than if it would be roasted. Example : fillet of panned beef.

Queen chicken : Ordinary chicken of about three pounds, which is not a fattened pullet, but not more a corn-fed chicken.

To refresh : Put cold water on a meat or a whited vegetable in order to make it cold. To prepare some fresh paste which is added to a paste already made.

To reduce : To boil until syrupous consistency.

To spread : To spread a paste with roller for cutting it or for bottoming a mould, a circlet, etc...

To skim : To remove with a spoon all the impure elements which float over the sauce or stock in order to have a limpid liquid.

Sieve : Fine special cloth through which the liquids are strained.

To stew : To slowly cook in butter, in a well closed casserole, either on sweet fire either in warm stove, meats or vegetables without being passed in water.

To scald : To soak in boiling water. In some cases, this term has the same meaning as to white.

To seize : To begin the cooking on direct fire.

To stiffen : To seize, to colour a meat or a fish.

To strip quills, to pare : To cut with cissors the fins of a fish. To remove the seams of some dishes before or after the cooking.

Salpicon : Mixture of different elements, poultry, ham; mushrooms, truffles, etc., cut in small dices or in fillets and generally mixed with some sauce.

" Sangler " : To put crushed and salted ice around a freezing-pail, or around a mould for congealing the mixtures for glazing.

To stir : To stir spatula a sauce or a cream, from time to time until it gets cold, in order to avoid a skin on the surface.

To truss : To attach against the body of poultry the wings and legs before the cooking, with the trussing-needle.

Or to prick with care the crayfish claws in the tails, well releaved.

To toss : Colour a meat in butter on all its faces before wetting or covering it for terminating the cooking.

" Toilette de veau " : Sort of fat envelop used for covering the dishes.

" Tombe à glace " : See to reduce.

" Vert-cuit " : Meat or another dish unsufficiently cooked.

To white : Applicable for certain dishes or vegetables : spinages, peas, etc., that means to cook entirely in water. Others are called " whited " being only put during a few minutes in boiling water : veal sweetbreads, calf's head, green cabbages, celery, etc.

To zeste : Take with a piece of sugar or with a special knife the orange or lemon peel without entering in the white skin which is bitter.

COOKING MATERIALS AND UTENSILS

A minimum materials and utensils are absolutely required in a kitchen however modest.

An essential thing which has its place everywhere is a balance. Not only for preparing correct dosages for pastry, but also to control the foods delivered by the tradesmen.

If you have no balance, you can base yourself on the following statements :

1	table-spoonful with sugar	=	one ounce.
1	— flour	=	3/4 ounce.
1	tea-spoonful with sugar	=	1/3 ounce.
1	— flour	=	1/4 ounce.
1	— fine salt (dry)	=	1/4 ounce.
8	coffee-cupful water	=	1 3/4 pint.
5	tea-cupful water	=	1 3/4 pint.
3/4	of tea-cupful	=	about 1/4 pint.

A piece of butter having the form of an ordinary egg weighs about two ounces.

Apart from the balance, it is necessary to have : a hash-machine, a thick planck without borders for the cutting, a pastry planck, 1 roller, 1 marble, (somewhat thick if it cannot be fixed), a skimmer (chinese), and an iron-tammy n° 16, a fibre-tammy, an egg-whisk with wood handling and several small sauce-whisks, three or four wooden spoons of different forms and sizes, a pair of scissors, three or four knives of different sizes, one somewhat big to cut small bones, a larding-needle, two needles for picking, a needle for the bridling, an economical knife for cleaning of vegetables, a measure for a half-pint and one for a pint, a perforated sugar-box, called "glacière", two or three grills for pastry and some usual moulds for kugelhopfs, Gênes bread, cakes, tarts, mokas, tartlets, etc..., together with some butler's trays and all fancy moulds which are judged necessary, not to speak of casseroles and pans.

SPICES FOR THE COOKING

Under the name of spices are designed all those which can season or aromatize dishes. The reputation of French and English cuisine essentially derives from the fact that our cooks have a very exact notion of dosing spices.

These must be always in the kitchen, at hand, contained in a pot bearing their name, in order not to lose time in looking for them in all boxes to find the desired spice.

Dry spices, to be conserved

Thick salt, fine salt, pepper in powder, pepper in grains, cloves, thyme and bay-leaves, golden or brown bread-crumbs, nutmegs, cinnamon, spices, powder or cuds vanilla, pieces of sugar, powder of sugar, glazed sugar, crystallized sugar, english sauce, paprika, cayenne, curry.

Perishable spices, to be examined

Onions, shallots, garlic, mustard, rasped Gruyere cheese, leeks, carrots, turnips, gherkin, poule-au-pot, tomato mash, parsley and fine-herbs, colouring caramel.

A bunch of herbs is composed of a pinch parsley, a branchlet thyme, a half-bay-leaf. These two last spices must be very lightly used, as they have a very pronounced smell which could denature natural taste of dishes. The same applies to garlic, which must not be increased unless in meridional dishes.

It is necessary to have flowers or leaves for infusions, such as tea, lime-tree, flowers, camomile, vervain, aniseed, mint, etc...

Fine salt has the inconveniency to form a block becoming hard when drying. It is necessary, after buying it, to dry it on a plate in oven, then crush it with roller in a cloth and pass it through fine tammy. A nice salt will be obtained which will not be altered by humidity.

It is also necessary to have a little stock of pastes of all natures : macaroni, noodles, vermicella, together with rice, semolina, tapioca, Japan pearls, etc.

Oil and wine vinegar are also necessary, together with lard grease and oil for frying. All protected from dust.

Do not forget cleaning products, such as : soaps, crystals and brushes, etc.

Kitchens in modern houses are so arranged that everything is dissimulated. Kitchen's aspect is to be kept clean and pleasant.

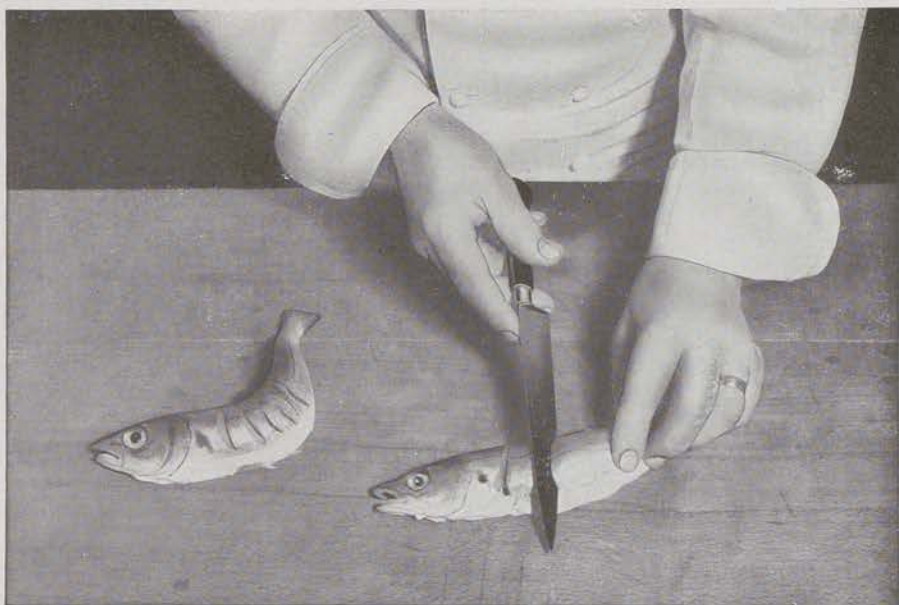


Fig. 1. — Good way to cut fish, in order to facilitate cooking.



Fig. 2. — Whittings recovered with bread crumb and presented in circlet; the end of tail has been put in the mouth.

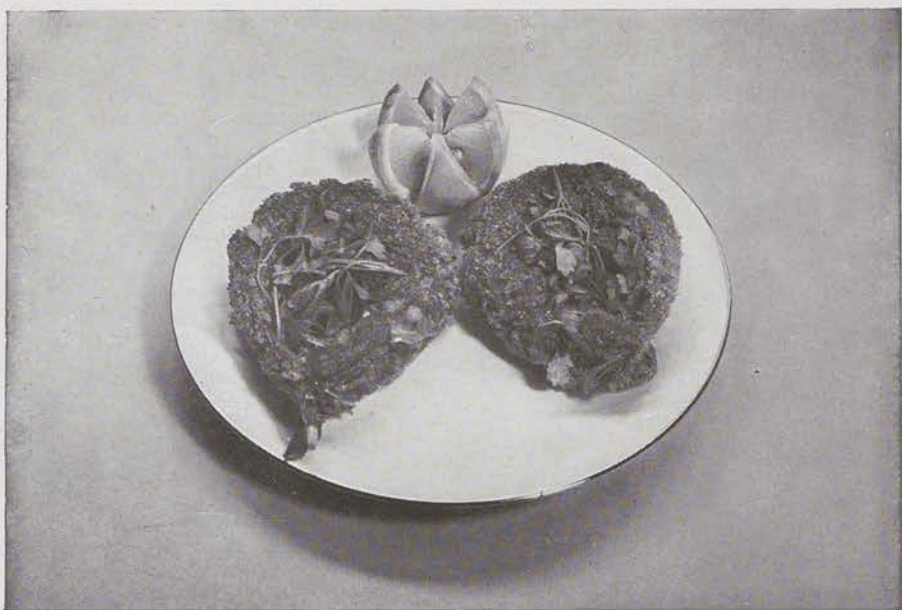


Fig. 3. — Same whittings, but fried and served with lemon and fried parsley.



Fig. 4. — Good way to empty a big fish, without opening the abdomen. The operation is made with the hand of a skimmer, after the fish has been scraped of its scales.



Fig. 5. — How to keep skin of soles, removing it quickly.



Fig. 6. — How to fillet a sole or other flat fish, sliding with a flexible knife along the bone.

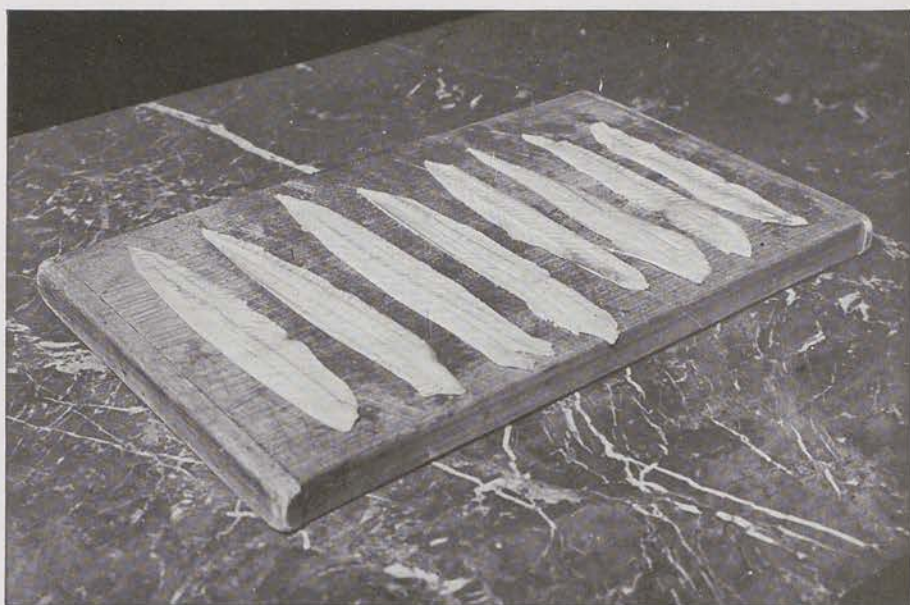


Fig. 7. — How soles fillets are presented carefully separated



Fig. 8. — What is called "contiser" the fillets of soles : make incisions in which a thin slice of truffle is introduced.

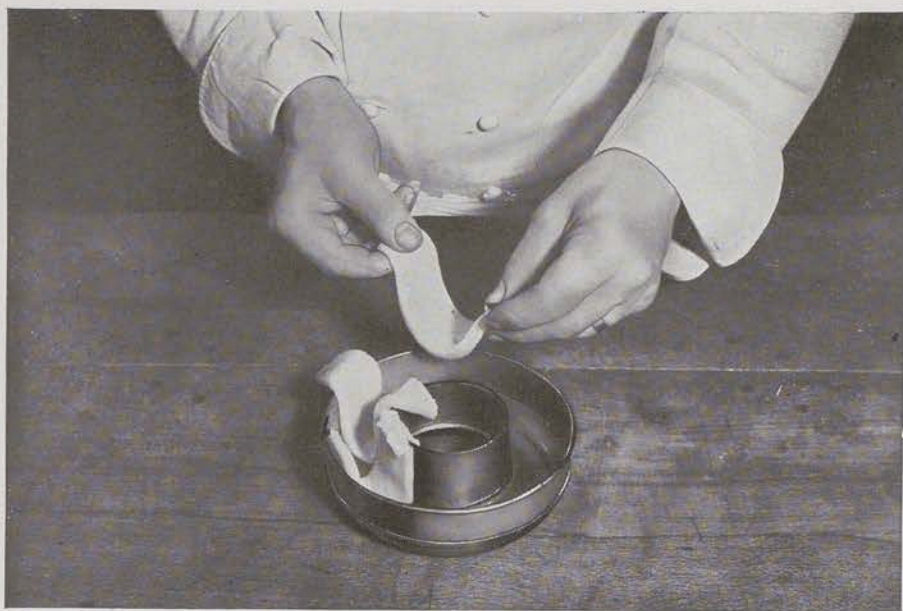


Fig. 9. — How to make a nice turban of soles fillets, in putting them raw in a mould for turban or savarin (see recipe of Turban à la Carmélite, page 195).



Fig. 10. — How to cut flesh of lobster tail or crawfish, cut in two parts (see recipe Crawfish Pompadour, page 215).



Fig. 11. — Quenelles — 1st. method : Roll them with the hand on a table covered with flour, in form of small chipolatas.



Fig. 12. — 2nd. method : Moulded with dessert: coffee or table-spoon, according to desired size (see explanation page 114).



Fig. 13. — Larding of beef fillet, or veal breast, veal sweetbread, leg of roebuck, etc., with special needle and with fat salted bacon.



Fig. 14. — Good way for larding beef à la mode.



Fig. 15. — How to stuff and roll veal savoury collops "à la Grecque."
(see recipe page 262)

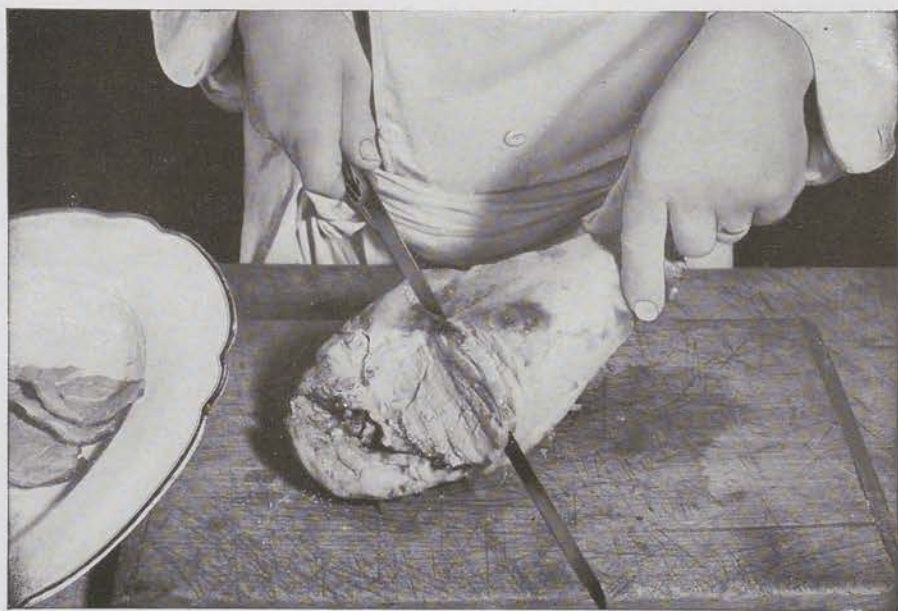


Fig. 16. — How to cut mutton leg.



Fig. 17. — How to cut saddle of pré-salé. 1 st. time : separate the two sides with a long and somewhat flexible knife.



Fig. 18. — 2nd. time : Place fillet on border of wooden planck and cut it in sense of length, in very thin slices (see recipe Saddle "à la Française," page 284).

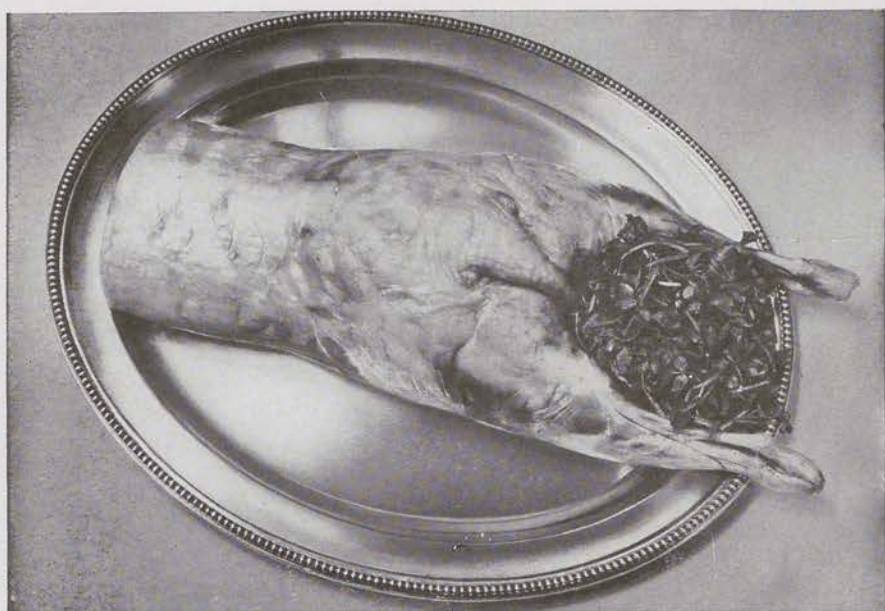


Fig. 19. — What is called a "baron" of lamb.



Fig. 20. — To cut leg of roe-buck. Cutting is made in opposite side as for mutton leg.

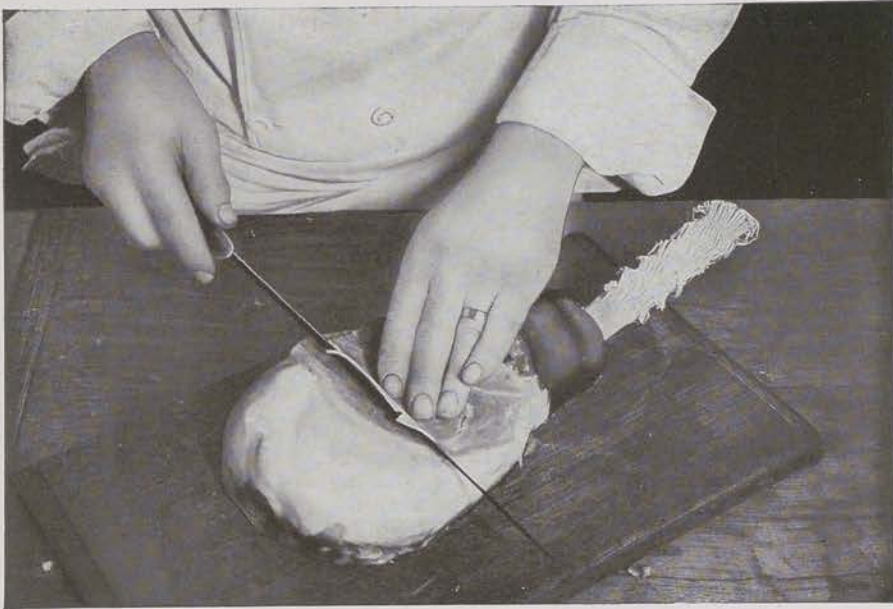


Fig. 21. — How to cut cooked ham.
Same way as for roebuck leg, but in slices as thiny as possible, with a narrow, long
and well sharpened knife

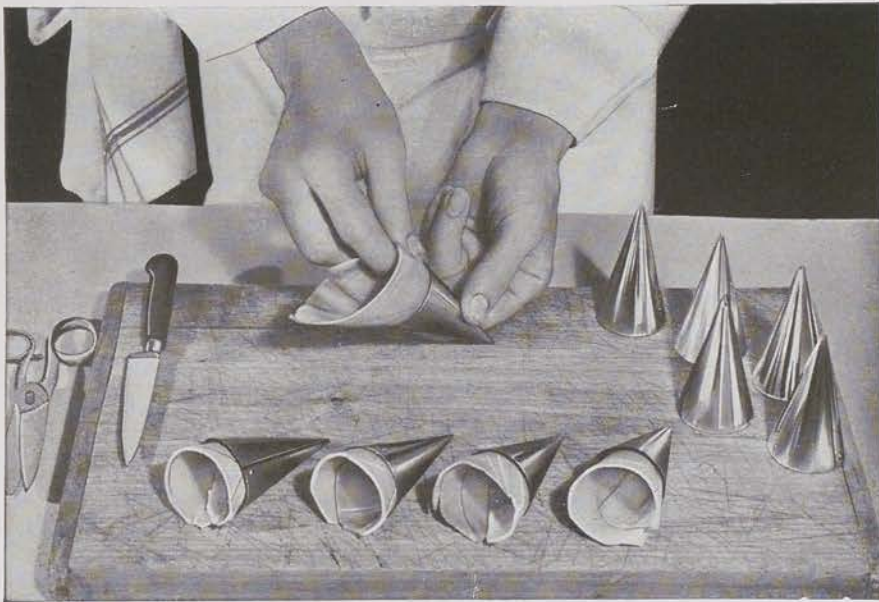


Fig. 22. — How to prepare ham cornets with small moulds in white iron
(see recipe for Cornets Lucullus, page 313.

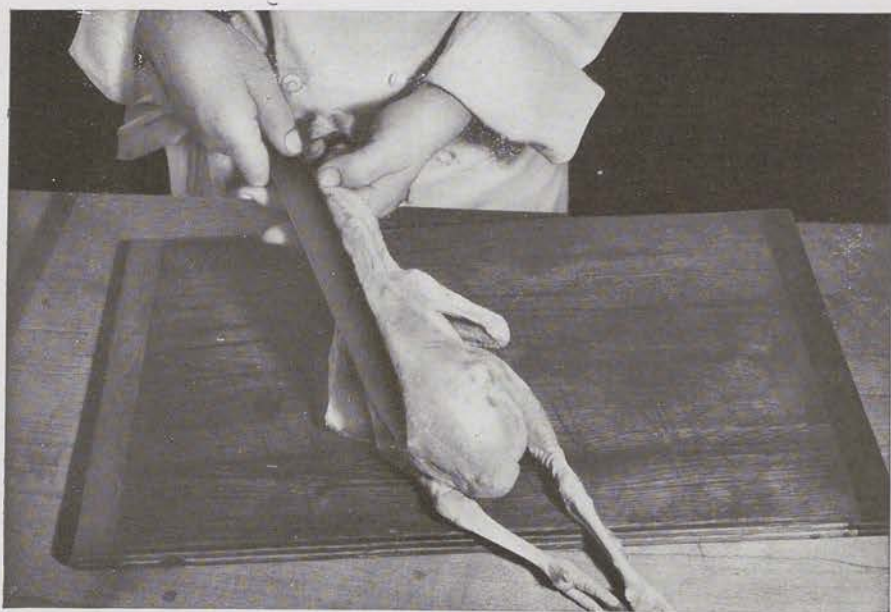


Fig. 23. — Preparation of chicken. Emptying.
1° Cut the neck skin and detach the neck, the trachea and crop.

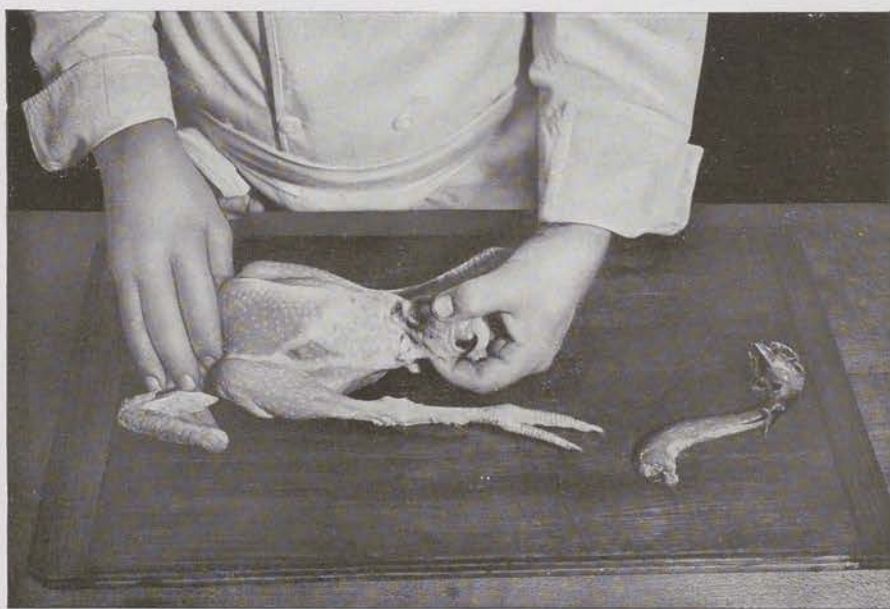


Fig. 24. — 2° On back of the bird, keep with careful attention the internal organs.



Fig. 25. — Cutting of raw chicken.

1° Cut the feet and neck, clean liver and gizzard, put a knife under the leg to detach it



Fig. 26. — 2° Legs are detached, separate the two wings, leaving a good piece of breast.



Fig. 27. — 3^o Separate piece of white from the carcass.
Cut carcass in two or three pieces.

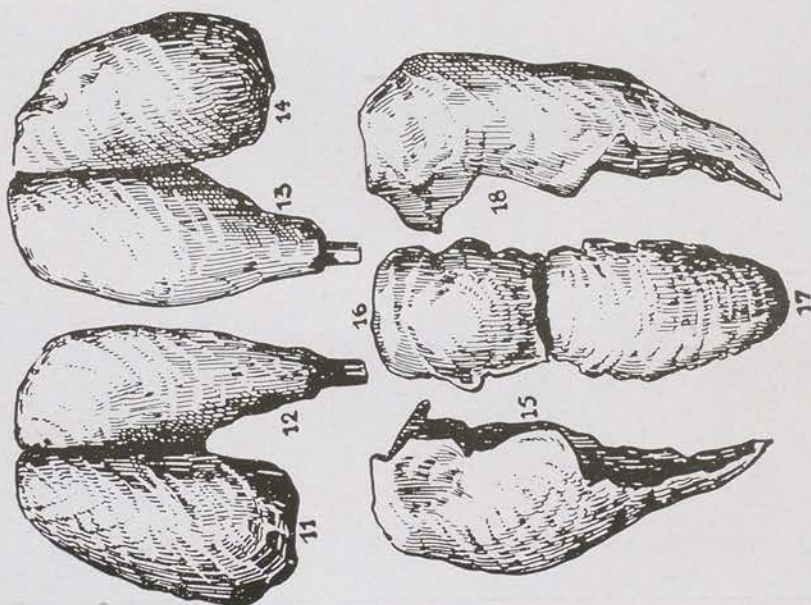


Fig. 28. — Cut chicken. 12-13 pilon. 11-14 leg. 15-18 wings or suprêmes.
16-17 breast or bréchet.

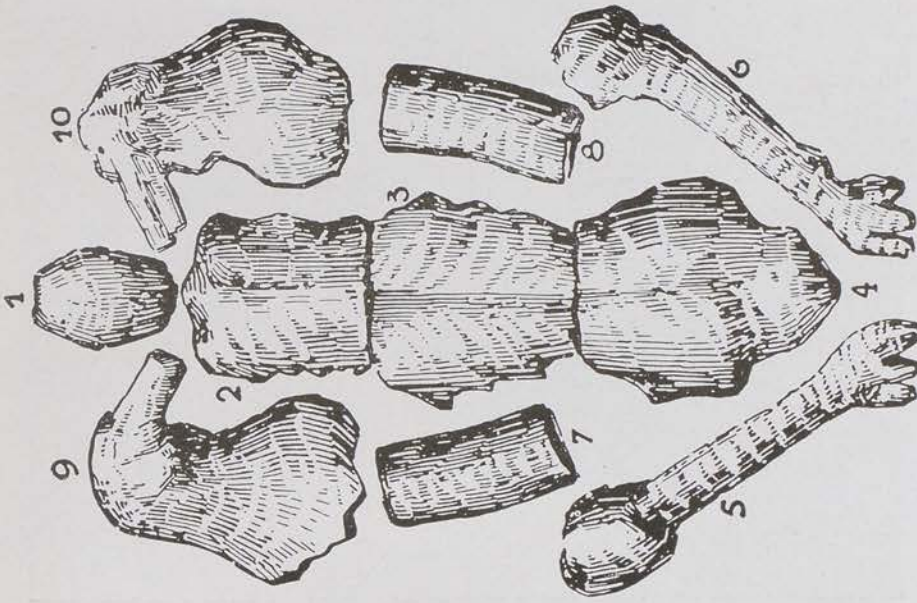


Fig. 29. — Inferior pieces : 1 head, 2-3-4 carcass or reins, 5-6 feet, 7-8 neck, 9-10 small wings.

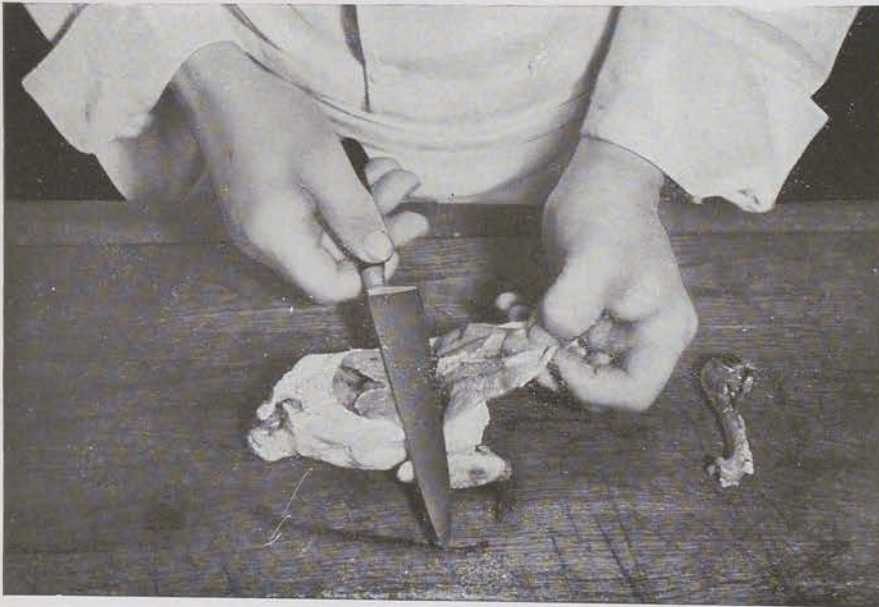


Fig. 30. — How to prepare pigeon or small chicken "à la crapaudine."
Separate breast as from the bréchet until joining of wings.



Fig. 31. — Pigeon prepared for "crapaudine." After having flattened it with roller, cover it with bread crumb. Maintain in form with skewer and bake in oven with boiling butter then terminate on grill.



Fig. 32. — Cutting of roasted chicken.
1° Place chicken on its side and separate the legs with a fork.

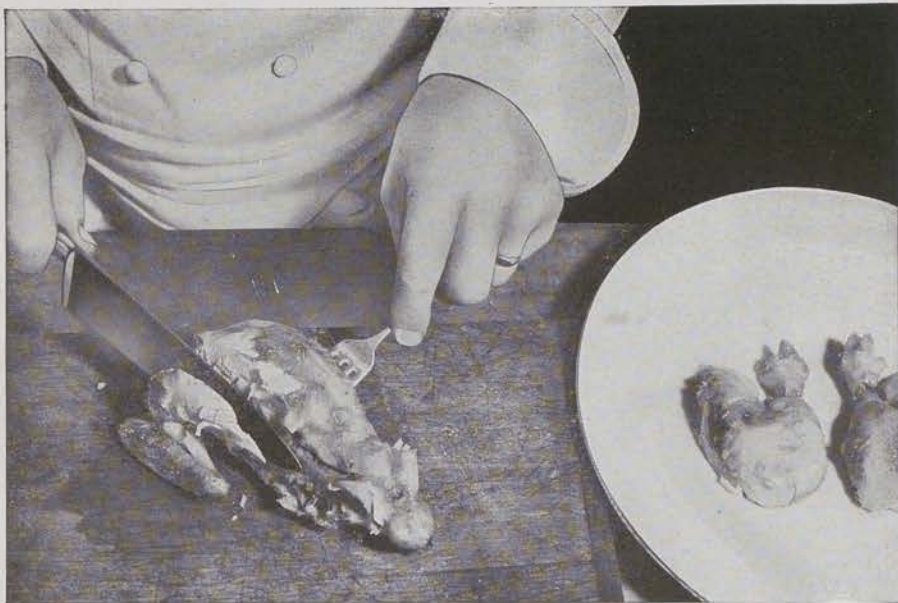


Fig. 33. — Cutting of roast chicken.
 2° Separate the wings, cutting frankly the white at the joining.

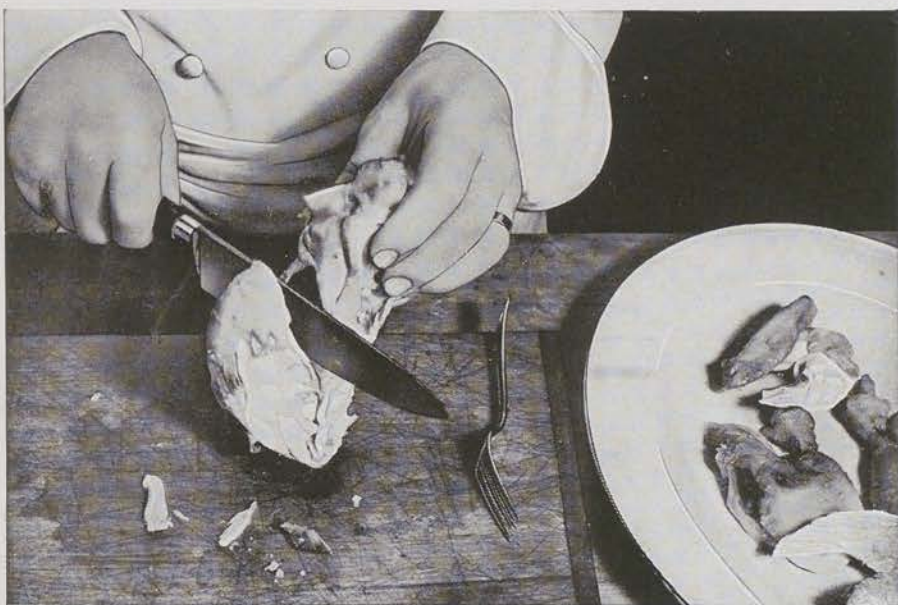


Fig. 34. — Cutting of roasted chicken.
 3° Keep carcass and separate breast with the knife (see roasted chicken, cut and reconstituted page 319).



Fig. 35. — Cutting of cooked duck. Breast is cut in long and thin slices, as well for serving cold than warm (see Duck with oranges, page 350).



Fig. 36. — Fattened pullet, principally when cold, can be cut in long fillets, without touching the legs. The bones of breast can be separated and interior is garnished in different manners (see Fattened pullet "Montreuil," page 342)

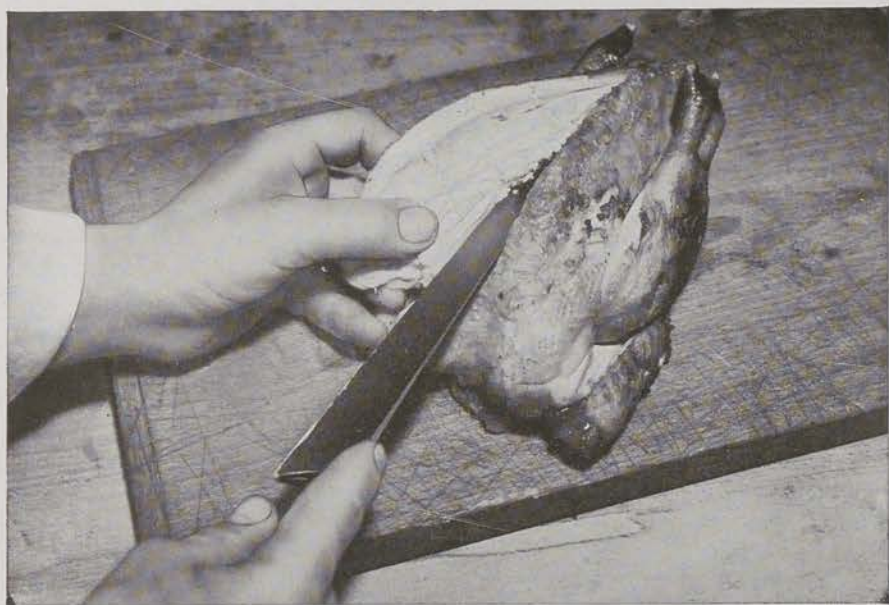


Fig. 37. — How to cut in only one piece breast side (cold poultry). This operation is called : keep a "suprême" of poultry.



Fig. 38. — The two "suprêmes" being obtained, cut them in collops (see Fattened pullet "à la Césarine," page 342).



Fig. 39. — Keep breast bone with scissors and fill the interior with a foam of ham, goose liver and poultry, etc.



Fig. 40. — How to nap poultry collops with sauce Chauffroid, nearly "taken," with a spoon.



Fig. 41. — After they are napped with sauce and decorated with truffles, they are rendered brilliant with jelly, with aid of a paint-brush.



Fig. 42. — Chicken "à la Néva." Fillets are placed on each side (see illustrations page 345).



Fig. 43. — For placing truffles in a raw poultry. Separate the skin from flesh with fingers and introduce between them a thin slice of bacon and raw truffles.

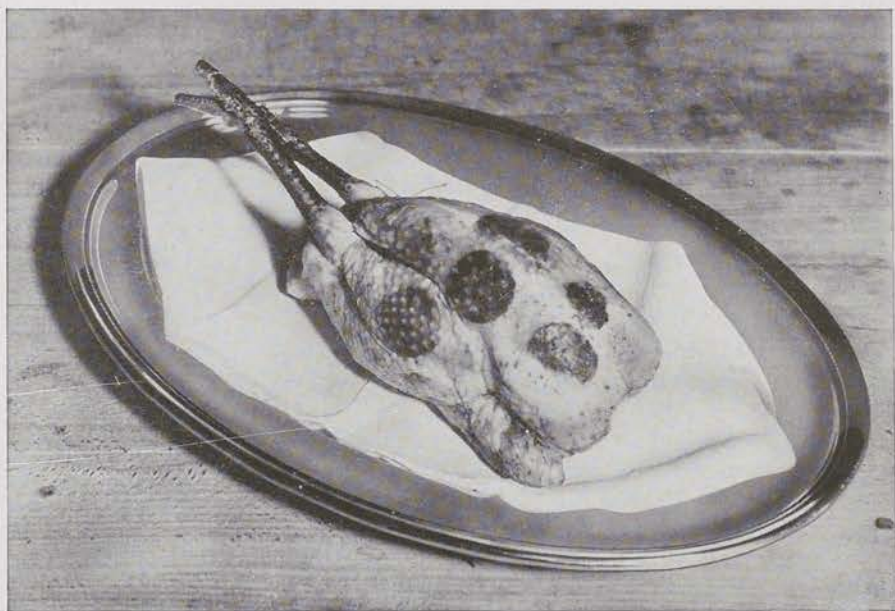


Fig. 44. — The above poultry, ready for roasting.



Fig. 45. — To bone a fowl for the galantine.
1st. operation : Cut poultry along the reins and remove the carcass.
Do not destroy the skin.



Fig. 46. — 2nd. operation : Keep carcass and terminate in disjoining breast and legs.

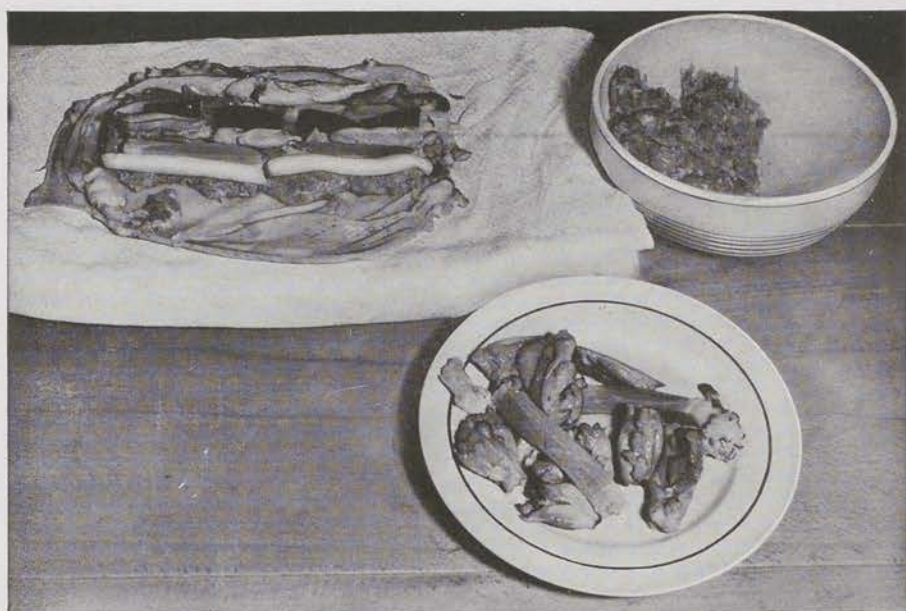


Fig. 47. — Skin is put on a serviette and recovered with alternative couches of pork stuffing, poultry fillets, ham, bacon and truffles (see recipe for galantine, page 340).

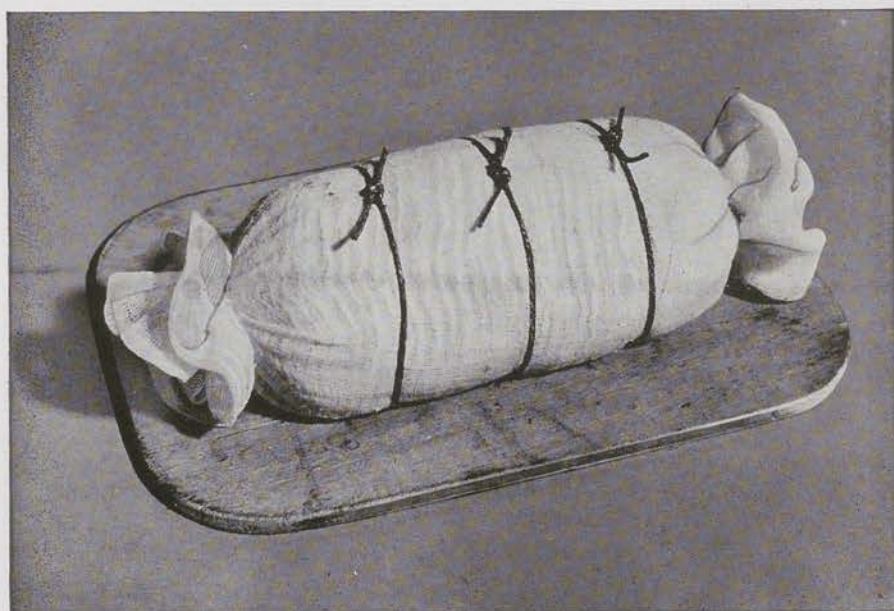


Fig. 48. — Then rolled and corded in this serviette, before cooking.



Fig. 49. — How to garnish a mould for jelly, for aspic, foam, etc. Mould full with jelly is put in a glazed bath until jelly becomes solid.



Fig. 50. — Then pour liquid jelly and mould will keep a uniform couch.



Fig. 51.

Very simple method to make a basket with noodles paste. Basis of basket is bread croûtons and raw macaronis (see detailed recipe page 370).

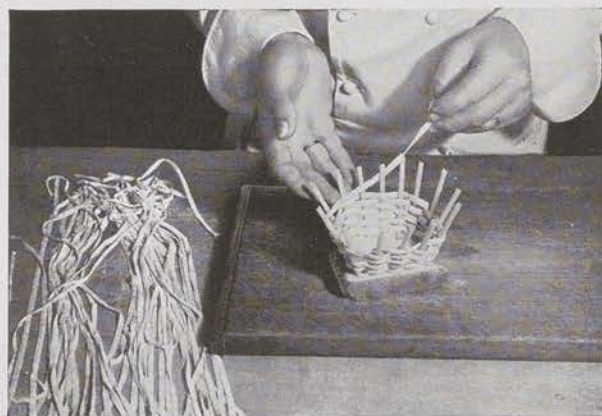


Fig. 52.

Basket is tressed in noodles paste.



Fig. 53.

Basket is terminated.



Fig. 54. — How to poach gnocchis in boiling salted water.



Fig. 55. — Gnocchis, cooked and dropped, are ready to be mixed with a Béchamel or cheese sauce, sauce Nantua or tomato sauce. Can be served in "vol-au-vent" or gratined in a dish.

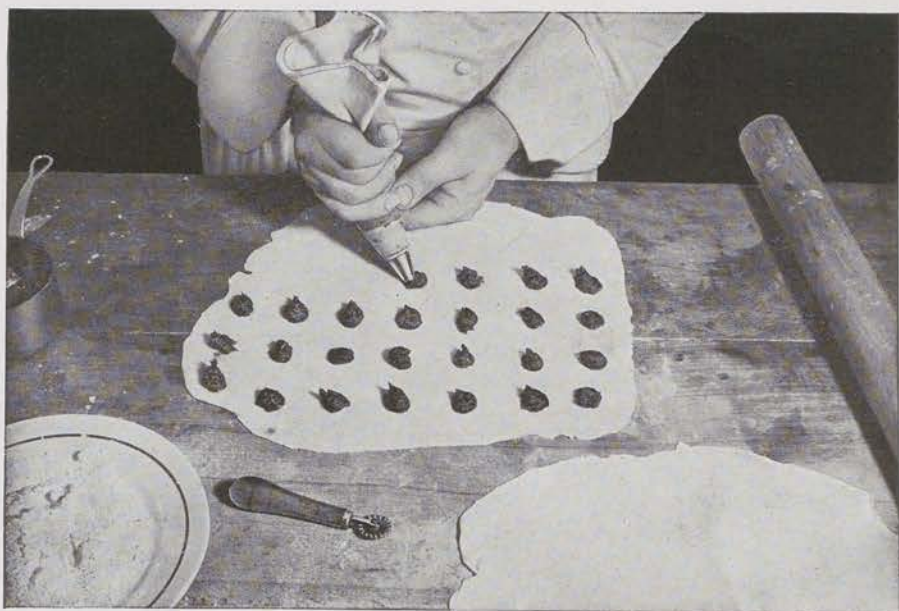


Fig. 56. — Raviolis. On a thin couch of noodles paste, small garnish of spinage or meat hash, are placed.



Fig. 57. — Then recover with another paste, they are cut with special roller and cooked in water as for gnocchis.



Fig. 58. — How to cut vegetables with root-spoons. These spoons have different forms and sizes and enter in very nice fresh vegetables, carrots, turnips and give then nice garnishing (see Fillet of beef Renaissance, page 254).



Fig. 59. — To prepare Anna Potatoes : 1^o Pass to apple-corer, very big potatoes in order to have regular cylinders.



Fig. 60. — Potatoes Anna. These cylinders are then planed (rabotés) in very thin rounds with the "mandoline."



Fig. 61. — Potatoes Anna : 3^e These rounds are placed in a mould, well buttered. They are recovered with boiling butter and baked in warm oven (35 to 40 minutes). See prepared dish, coloured illustrations page 430).

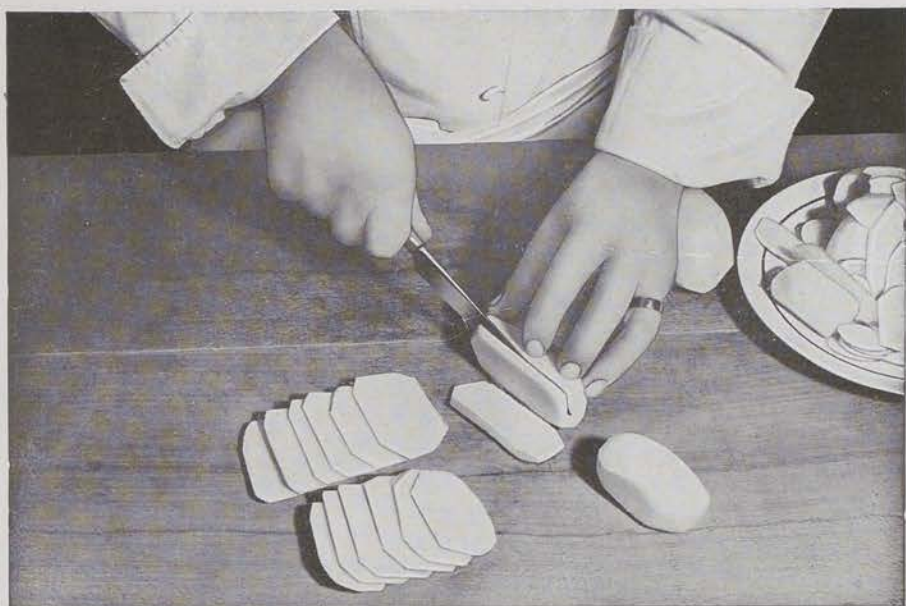


Fig. 62. — How to cut regularly potatoes to have them puffed (see prepared dish, coloured illustrations, page 413).



Fig. 63. — Potatoes Duchesse with form of brioches, made with the hand (see illustrations, page 460).



Fig. 64. — Potatoes Duchesse in form of small breads, on a buttered plate-iron.



Fig. 65. — Potatoes Duchesse prepared with the forcing bag (see illustrations, page 460).



Fig. 66. — Paste for pastry. Made with butter, salt and sugar, if necessary. This operation is called "fraisier." Puff-paste is never "fraisée."



Fig. 67. — Puff-paste : 1° the flour is placed in fountain.



Fig. 68. — Puff-paste : 2° Work delicately the paste with right hand, simply with salt and water.

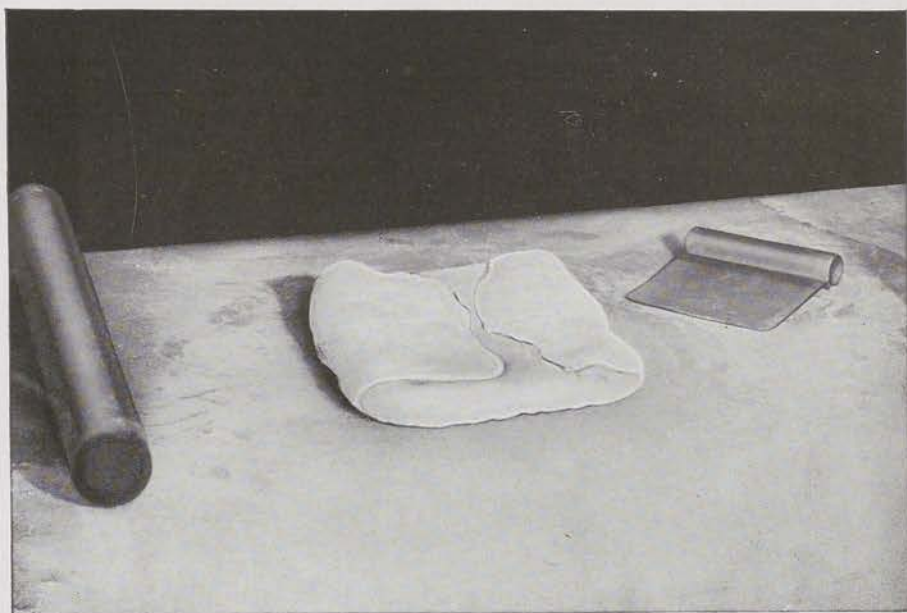


Fig. 69. — Puff-paste : 3° Butter is covered with a paste called "soaked." Lay it in cool place during about 30 minutes.

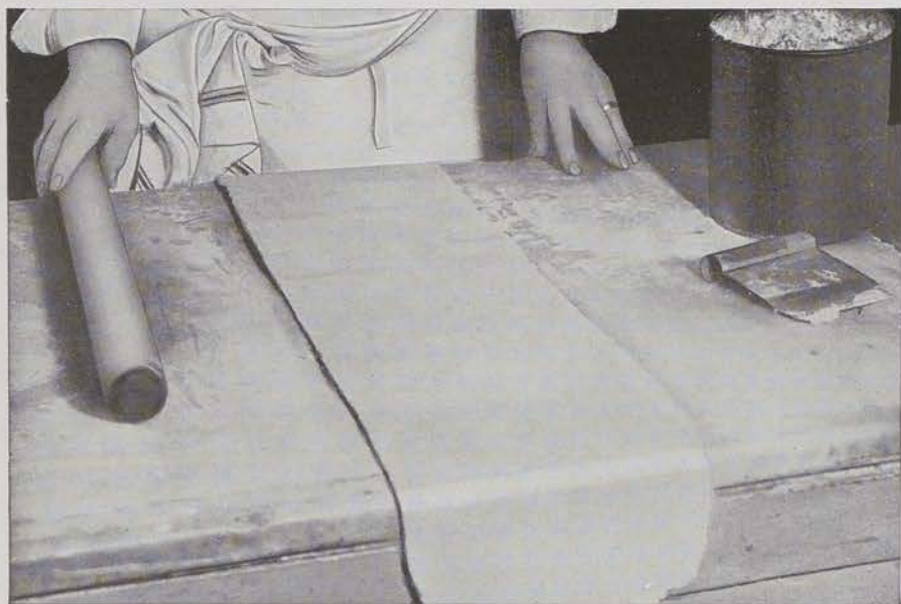


Fig. 70. — Puff-paste : 4° Paste is then rolled in a long and thin strip.

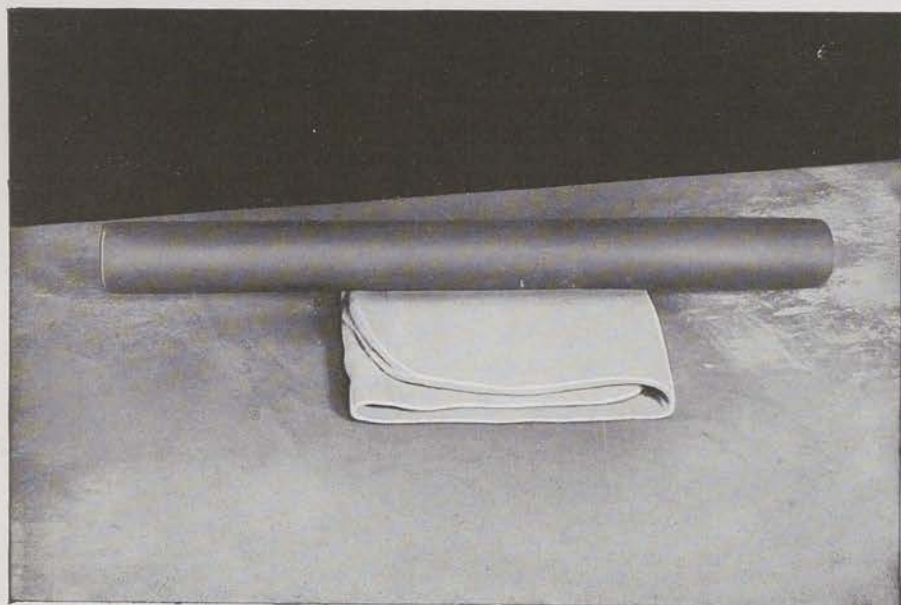


Fig. 71. — Puff-paste : 5° Then it is regularly ployed in three parts, but in contrary sense. This is the first time. Then roll it again and ploy in order to have the second time.

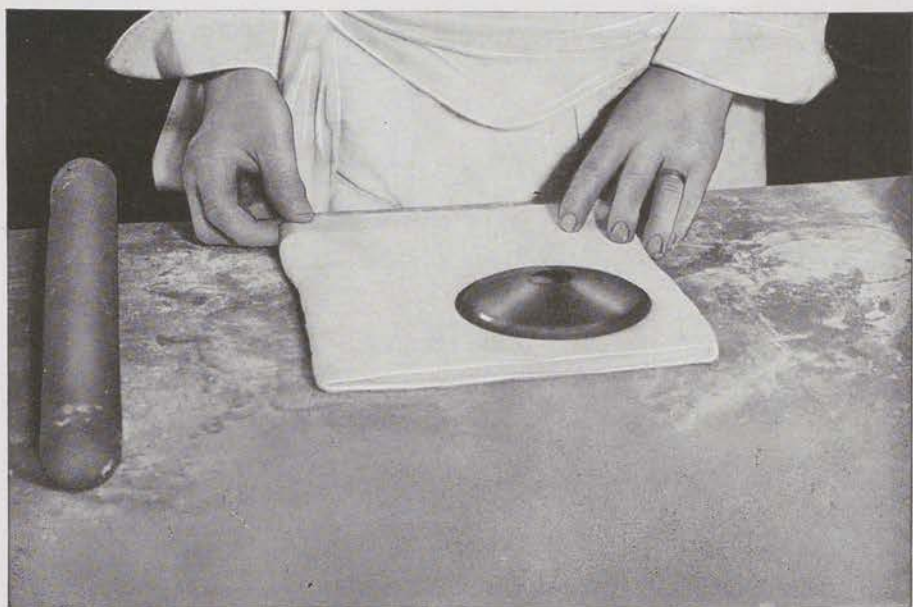


Fig. 72. — Puff-paste : 6° After 2nd time lay it 20 minutes and begin again the operations 4 times, 2 per 2, with 20 minutes between (see detailed recipe page 501).
A vol-au-vent can be prepared, as shown above.



Fig. 73. — Puff-paste : 7° Vol-au-vent is cut very thick, placed on a plate-iron, but on opposite side, glazed, picked and baked in very hot oven for about 40 to 45 minutes.



Fig. 74. — Puff-paste : 8° Cut bouchées à la reine.
Paste is half-thinner and is cut with the cutting-paste, ribbed.



Fig. 75. — Puff-paste : 9° Bouchées are put on a watered sheet iron, glazed, picked and baked in warm oven during about 15 minutes.

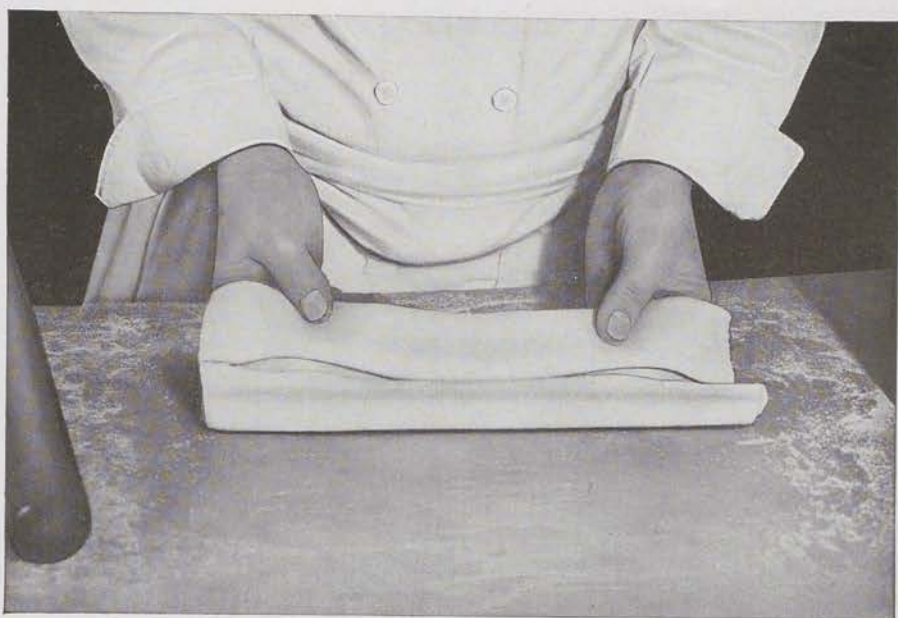


Fig. 76. — Puff-paste : 10° Glazed Palmiers (Palm-tree) are made with remnants of puff-paste, which is again rolled twice with sugar and ployed 4 times on itself (see above and fig. 77).

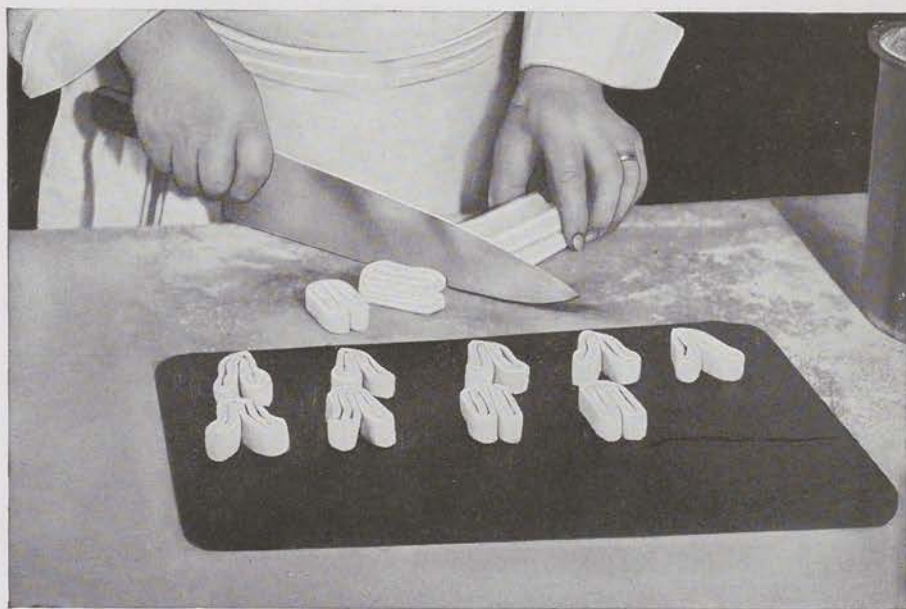


Fig. 77. — Puff-paste : 11° How to cut the Palmiers. They are then placed on a plate-iron and baked in warm oven during about 10 minutes.



Fig. 78. — Puff-paste : 12° With remnants, "sacristains" are also made.
This is way to make them.



Fig. 79. — Puff-paste : 13° Vol-au-vent and cooked bouchées.

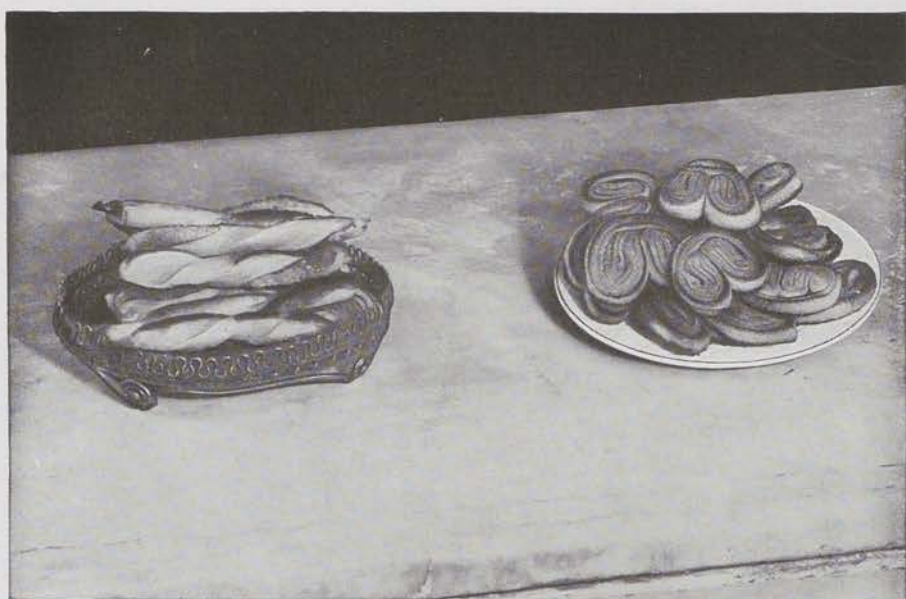


Fig. 80. — Puff-paste : Palmiers and cooked sacristains.



Fig. 81. — How to make a tart. Some thin short-paste put in a buttered circlet



Fig. 82. — How to pinch tarts, pastry, etc.



Fig. 83. — Making of a timbale or moulded pastry, method to prepare the paste with roller and hand, to give mould form.



Fig. 84. — Introduce this paste in buttered mould, adapt it well and cut the excess of paste.



Fig. 85. — Other sort of timbale made with small rounds riding one on other and called : timbale with scales (see illustration page 397).



Fig. 86. — Timbale Sully or Chevière. Other proceeding. Paste rolled in twist and put in spiral in buttered mould (see illustrations, page 411).



Fig. 87. — How to make a biscuit paste. Mix white in snow in paste. This operation is made delicately with spatula.

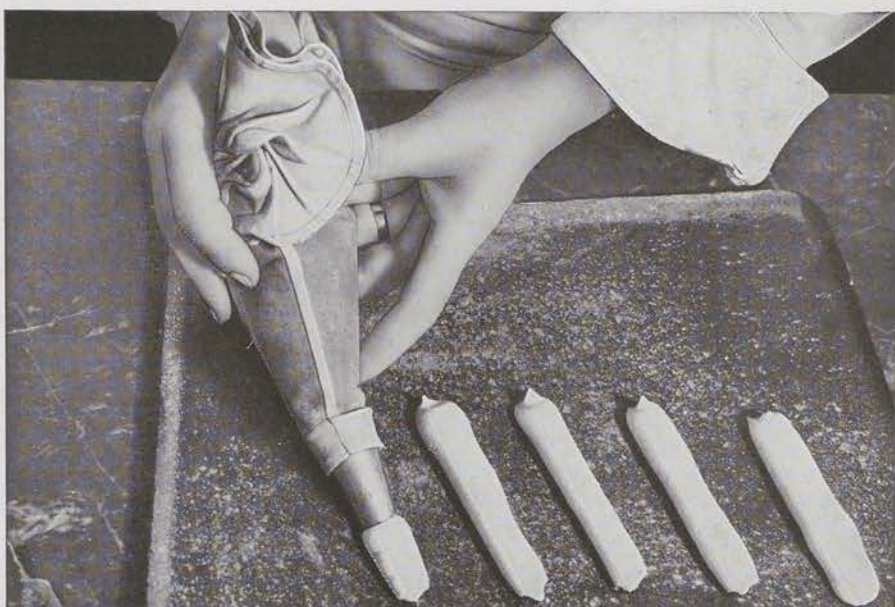


Fig. 88. — How to make finger biscuits (biscuits à la cuiller, on a buttered and flour plate-iron with forcing-bag and great round fancy pipe.



Fig. 89. — How to roll a biscuit garnished with moka cream to make the Xmas log.



Fig. 90. — How to place thin rounds of rolled biscuit in the pudding mould "à la Royale" (see illustrations, page 622).

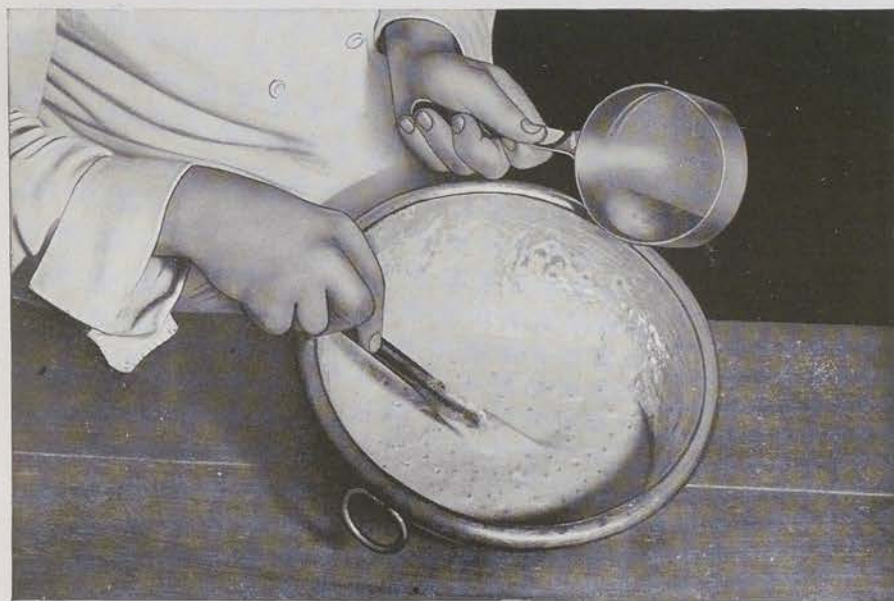


Fig. 91. — The paste for Gênoise. Mixing of butter in paste.



Fig. 92. — How to glaze a Gênoise or other pastry, with melting sweet. Pour this when lukewarm and quickly spread it with a pallet.

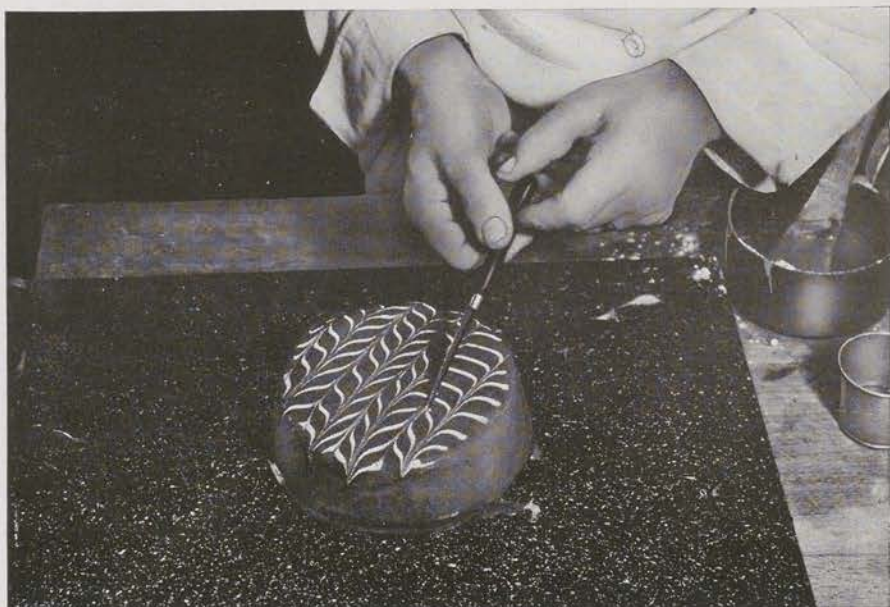


Fig. 93. — How to decorate the pastry Mexican. After being covered with lukewarm melting sweet or chocolate, make parallel lines with cornet of royal ice and introduce lightly point of a knife between these lines in the two opposite senses (see recipe, page 544).



Fig. 94. — How to lay meringues with the forcing-bag.



Fig. 95. — How to lay éclairs, choux with cream on a well cleaned and not buttered plate-iron, with the round forcing-bag.



Fig. 96. — How to lay small choux for the profiteroles, Saint-Honoré, Salampos and other pastries.



Fig. 97. — Plum-pudding prepared to be cooked in a cloth (see illustrations page 667).

MENU

AND PREPARATIONS FOR A GREAT DINNER

The host has to give all his care to order a menu, which has to meet, if possible, the tastes of all his guests.

The menu for dinners as given actually, is as follows :

1. Soup, eventually preceeded by oysters.
2. Fish.
3. Garnished meat-dish.
4. Cold dish, with salad.
5. Vegetables.
6. Cheese.
7. Entremets, fruits and sweets.

It should be observed that cheese must be served before sweets, according to real epicures.

Here are the general rules to be observed for establishing a menu. Two red meats, two white meats cannot follow each other, nor two sauces of same tint or two dishes containing same things : cheese, mushrooms, stuffing, etc. Sometimes a cold fish can be eaten; it must be served after soup, i.e. in the place of warm fish. After the fish, comes the "entrée" or the "relevé" of meat.

An "entrée" is a meat served with sauce or tossed; for instance : a jugged hare is an "entrée," likewise a sweetbread, a "financial timbale" or other, garnished tournedos and milanese collops are entrees. But the "relevé" is a piece of meat or poultry garnished with vegetables, for instance : a beef fillet "à la bouquetière," loin of veal "à la gendarme," duck "à la d'Orsay." This dish can preceed the roast which can be replaced by a cold dish with jelly.

Menu being well established according to above rules and also according to season's ressources, the host has to deal with dinner things. In the older fashion, table was principally occupied with silver pieces, socles, etc., all very nice accessories, but very expensive and perfectly dispensable. To day, flowers replace them and constitute the most gracious decoration of table.

Sometimes the hostess decorates herself the table, with artistic manner and variety. However she generally leaves this work to a florist who possesses habit of this long and minutious work.

Decoration of table should not be given too long ahead, in order that flowers keep their freshness and brightness. Decoration will be made according to dinner's object. For a baptism of a little boy, table will be garnished

with blue flowers : great hydrangea-hortensis, cornflowers, etc. Table will be garnished of pink flowers for a baptism of a little girl, white flowers for a dinner of a young girl or for betrothal.

All tastes are permitted, without forgetting that flowers having a strong smell can indispose guests.

In general, in a somewhat ceremonious dinner, one or two "maîtres d'hôtel" in "extra" are taken to assist the servants. They prepare dinner-things, dispose first table with its eking-pieces, and a molleton cloth before entirely putting the nap. Plates, glasses, dinner-things are carefully cleaned, together with knife-holders, bottles, etc. The decanters will be cleaned inside either with shells of broken egg or grey salt, then watered and wiped; they will serve for water if no mineral water is available, but also for ordinary wine. The pots of hot water, called previously "rinse-bouches," will be prepared in advance on a tray with a round of lemon in each; coffee-cups, prepared also on a tray, together with little liquor glasses which must not be put on table; as coffee and liquors are served in the sitting-room and in the smoking-room for the gentlemen.

Liquors and alcohol are prepared together with the cups and always in their original bottles.

The "maître-d'hôtel" has also to prepare in advance the cheese; the "camembert" and other cheeses will be scraped and powdered with bread-crumbs, then put on a special plate and surrounded with shells of butter.

When table is ready and all dinner accessories in place, the "maître-d'hôtel" and other domestics of the house must have their dinner or a meal generally composed of cold meat and cheese, in order that serving-people can wait until the end of dinner for taking in the kitchen a more copious dinner; this when the guests are in the sitting-room or in the smoking-room to take their coffee and first service of liquors. The latter will be left on a table of the sitting-room and the host or the hostess can offer again liquors themselves. However, a "maître d'hôtel" must be, when possible, at disposal of the guests.

As soon as dinner is terminated, the "maîtres d'hôtel" have to clean the table of all the remaining glasses, they wash them and put them in place, following indications of principal domestic of the house, valet or maid.

SERVICE OF TABLE

The custom imposes a rapid service. Dishes are presented ready and cut. The maître-d'hôtel, with white gloves, presents them to the left of guests, beginning with the lady seated at the right of host and terminating by the hostess. The second maître-d'hôtel begins by the male guest placed at the right of the hostess, continuing to terminate by the host. If the dish is accompanied with sauce, it is preferable that the second maître d'hôtel presents immediately the sauce-pan. However, more often the same "maître d'hôtel" keeps the sauce-pan with the right hand and the plate with left hand and can easily present the saucepan when guest is served.

When they have finished, plates, forks and knives are removed and replaced by warm plates (except for cold dishes, naturally) and other services. The entrées and dishes with sauce being served, the roast is given with salad. However, if dinner is composed of a cold dish, salad will be served with latter.

We recommend that dishes be served very hot. It is then indispensable, after having cut and prepared a warm plate, to place it for a moment in oven. Do not forget to wipe its under-part when taking it from oven, in order to avoid spoiling the gloves.

It is better, when kitchen is somewhat distant from the dinner-room, to bring dishes covered with a dish-cover which will keep the heat. This cover will be taken off by the maître-d'hôtel, before coming in the dinner-room. Instead of dish-cover, a hollow warmed plate can be returned. Cheeses are then presented, generally two, a soft and a hard, either "camembert," and "gruyère," or "brie" and Dutch, to suit guests choice. For the cheese, a little plate with cheese-knife will be given to every guest.

The service for ice or for the "entremets" is generally made by the maître-d'hôtel himself, who serves guests with an ice-spoon or the spoon for entremets.

After the cheese, the maîtres-d'hôtel removes the dinner-things. With a spécial brush or the crumb-tray they clean the table-cloth, always keeping at the right of every guest, and then present the pots of lukewarm perfumed water.

The plates for sweets are presented by the maître d'hôtel in ceremonious dinners, but in the familiar dinner, they are on the table and guests take them at the invitation of the hostess.

Dinner is then ended and the host stands up to show the moment to pass in the sitting-room. Domestic and maître-d'hôtel rapidly remove the

chairs in order that leaving the dinning-room is operated without disturbance or noise. When dinner is ceremonious, gentlemen offer their arm to ladies to lead them.

In ceremonious dinners, reception is not prolonged over 11 p. m. It is only at familiar dinner-parties that it can be prolonged, the host is then expected to offer refreshments : lemon squash, orange soda, iced coffee, etc. When the meeting is going over midnight, warm chocolate, coffee with cream, sandwiches and little sweets are served.

When guests are leaving, the valet or maid must be in the cloakroom to give clothes and help guests. It is obligatory that a maid remains until departure of last guests, in order to help ladies in their toilet and eventually to make all repairs which could be effected to the fragile dresses and ornaments.



WINES

We have stated what is to be done for table organization, decoration and ordonnance of menus, but there is also another very important item, e. i. the wines. We can only state that french cuisine is universally appreciated, but also that the great wines of France constitute the accompaniment to enforce its high value. England also appreciates australian, italian and german wines.

As regards their service, it will be recalled that Brillat-Savarin has stated in one of his twenty aphorisms that "order of drinks runs from the most tempered to the most " smoked " and to the most aromatised. "

The Bordeaux wines must be served a little " chambrés ", they must consequently remain a few hours before in the dinner-room. The Bourgogne wine must be very cold, as it is very capitous, and possesses already its flavour. The Champagne is served in ice with special pails.

The Bourgogne wine must be served without being agitated, it is for this reason that bottle is placed in a special basket; the bottom of bottle not being used as it may have a deposit or tannin.

Ordinary wines are placed in decanters, but in well-treated dinners, the ordinary wine must have certain qualities.

The name of the wines is only brought on the menus at ceremonious dinners or banquets.

Madeira or port-wine is served immediately before soup. White wine will be served : Graves or Sauternes, with fish. Rhine wines with cold fish. With meat in " entrée, " a light red wine such as : St. Estèphe, St. Emilion, St. Julien. For the roast, take generous wines, such as : Château-Margaux, Château-Lafite, Château-Latour, the oldest years, or Clos-Vougeot, Chambertin, Pommard, Beaune, Volnay and other Corton, or Nuits. These great Bourgogne wines are served in baskets. Cheese is served with high-class wine, but

it must be selected in order not to be prejudicial to the fumet of the wine. The G rom , Munster and Dutch cheese are best to accompany d licious wines of Alsace and Moselle, such as Riesling, Traminer, Riquewhir which relieve savour of "entremets" and acidious fruits.

The Ch teau-Yquem, Tockay and Johannisberg will accompany the glazed "entremets." Then comes the sparkling Champagne, glory of France, which gives an aureola with its light foam to modest and great dinners. Service of dishes is made at left of guests, but wine service is made on their right. The following illustrations will plainly show it.



Fig. 98. — Table for eight persons for a well treated dinner. Fruits-basket in center, flower-bed on each end.



Fig. 99. — The daily table. Presentation of meat dishes is made at left of guests...



Fig. 100. — ...whereas wines are served at their right.



Fig. 101. — Table for tea is garnished with small pastries, sweets, syrups.

FIRST PART



STOCKS AND SOUPS

England and France are the lands of soup and stock, principally the provinces, where the well soaked, copious and thick soup constitutes the basis of food. The term used when the French meet at the time of dinner: "Do you go to soup" (On va à la soupe), illustrates this well. Soups are made with vegetables and completed with bread or pastes.

As regards stocks, these are evaluated soups having fine titles and savant mixtures. They are divided in three categories:

1. Light soups or "stocks."
2. Creams of flour or vegetables.
3. Soups or stocks of not passed vegetables.

The latter are prepared generally with water, sometimes with milk, but fine soups (the creams), principally when served in a well-treated dinner, have for basis a soup of meat. It is absolutely necessary to present a good soup, as it is the first dish offered to the guests and therefore leaves an agreeable impression for the following dishes.

Pot-au-Feu (soup with boiled-beef). — 3 lbs of "gîte" or "paleron," 10 ozs bones of "crosse," 3 ozs carrots, 1 1/2 oz. turnips, 3 or 4 leeks, a big onion piked with clove, a burned onion, 1 oz. fat salt, 7 pts cold water, a bunch of chervil, parsley, thyme, bay-leaf, celery and a little parsnip.

Put the meat, bones and cold water on fire, until ebullition. Skim well, salt and add vegetables. Skim again when ebullition begins again and slowly cook covered during 3 hours. Keep grease before serving. The stock must be limpid and possess an ambered colour. However it will be good to render its tint somewhat brown with caramel or special aromates, to give the stock more appetizing.

Nota. — It is advisable to add to this stock an old fowl, or simply abattis of chicken or a carcass of chicken, well roasted.

Croûte-au-pot. — The well-treated pot-au-feu is called "croûte-au-pot." Prepare little croûtes with the "flûte à potage," without crumb, and let it slightly grill in oven. Cut in few regular pieces of vegetables which have cooked in stock: carrots, turnips, leeks, add some green cabbage (cooked in the stock, but apart) and cut also in pieces. Place vegetables in the soup-pot and add the stock passed through a special skimmer.

Then add the croûtes and a pinch of cut parsley. Serve together with rasped Gruyere cheese.

The little marmite. — Is served in the restaurants in little marmites for one, two or three persons, according to the wish of clients who are eating by little tables. At home, it is necessary to have an earthenware soup-pot, in which the pot-au-feu will be made as above. Poultry abattis or a little fowl must be added in order to obtain a good stock. When the pot-au-feu is cooked, remove the grease, meat and vegetables with a skimmer, cut vegetables as for the croûte-au-pot, cut also little slices of beef, one per guest, and also little pieces of the white of fowl. Put again vegetables and meat in the soup. Place a serviette around the pot and serve together with a plate of little thin rounds of bread, dried in oven and with rasped cheese.

This is an excellent and very French dish, as it realises the "Poule-au-pôt Henri IV."

Stock. — In order to obtain a real stock, it is necessary to prepare in advance the pot-au-feu. Let it get cold and retire the grease. Mix in a pan with this stock 1 lb. of "tranche" or beef "culotte," raw and finely cut. Mix all with two whites of eggs, the white of a leek and a cut carrot. Put again for cooking as for the pot-au-feu, during 1 hour $\frac{1}{2}$ or 2, not too long. Retire the grease and pass this stock through a serviette in order to obtain it clear and limpid. With 1 lb. hashed meat, 4 pts soup can be placed to obtain 3 pts excellent stocks. One or two chicken abattis can be added to obtain a poultry stock. It is a very strong stock to which can be added all garnishing which will determine the name on the menus. It is better to make the first pot-au-feu with more meat and not to put some more (hashed) for the second cooking, owing to the fact that this is lost for the consommation.

Not cook more than 2 hours. The hashed meat has given all its juice and a longer cooking would lose the stock its aroma.

With this stock, list of possible soups will be prolonged.

Nota. — All soups shown under the name of stocks can also be prepared with a simple "bouillon" of pot-au-feu; it is only in well-treated dinners that real stock is served.

Stock with tapioca. — Boil the stock, place in rain the tapioca in the proportion of 2 ozs for 1 $\frac{3}{4}$ pt. and cook $\frac{1}{4}$ hour, slowly. If tapioca is cooked in advance, keep the casserole covered in order to avoid obtaining a glutinous and brown pellicule on the top. In case it is formed, do not forget to take it off before serving.

Stock with Japan pearls, with salep or sago. — Same proceeding as for the tapioca, but give 20 minutes cooking. If it is desired that stock is limpid, first place the pearls in boiling water and let them be white 3 minutes, drop them in a very fine skimmer, water and terminate cooking in stock.

Royal stock. — Royal is a garnishing put in every soup. Its preparation is very simple. Beat in a plate three full eggs with salt and pepper, mix with one tea-cupful boiling stock and lay the mixture in a timbale buttered mould.

Let it poach in bain-marie in oven, as for a cream "renversée." The Royal is cooked when putting a knife therein, this is dried when retired.

When cold, remove from mould and cut, either with the little "emporte-pièces" or with a knife, in quarters or in lozenges. Add to the stock on which some parsley is sprinkled.

The Royal can be used as garnishing for light soups or for clear soups.

Royal of spinage (green). — Mix a spinage mash, well dried, with some spoons of thick Béchamel, season and mix also with an egg for a coffee cupful of mash. Cook at bain-marie and deal as above.

Royal of tomatoes. — In order to obtain a red Royal, take tomatoes or carrots, but tomato is more advisable. Cook a certain quantity of fresh tomatoes, drop them, pass them in pash and reduce, then mix with 3 or 4 spoons of Béchamel sauce (see Sauces), season and mix with a full egg, but apart from fire, lay this sort of sauce in a buttered mould, cook in bain-marie as stated above and cut after cooling. The Royal can be made with a good preserved mash of reduced tomatoes. Colour will be forced, if wanted, with some drops carmine.

Stock "à la Julienne." — The Julienne is composed of carrots, turnips, leeks, onions, cabbages or lettuce; cut in fine laces or slices, as thin as possible, (onion in very small quantity and green cabbage replaced by lettuce for fragile stomachs). Mix all with salt and a pinch of sugar, then lay in a casserole containing some butter, very warm or as classic grease of pot-au-feu. Cover with a round of buttered paper placed on vegetables and with the cover. Cook vegetables in this manner "à l'étuvée," until they begin to be yellow lightly in the bottom. (Bake in oven or in fire side.) Mix the stock, give 10 minutes ebullition and serve with fine cut chervil.

Stock "à la Brunoise" and paysan stock. — Julienne cut in fine pieces instead of laces. For a peasant stock, same vegetables are cut in little rounds (size about half an inch).

Spring stock. — Cut in little cubes, very regular or in little pearls with a root spoon some carrots and turnips. Cook separately in salted water, cook in the same way little peas and some green beans, cut in lozenges. Put these vegetables in a good stock, cook slowly 10 minutes, and serve with cut parsley.

Mosaic stock. — Garnish the stock with little cubes of carrots, turnips and green beans, cooked separately in stock. Add also small cubes of truffles, red tongue and the white of a hard-boiled egg; this will constitute in the plate a mosaic of the nicest aspect. Some parsley leaves in each plate.

Colbert stock. — Make a spring stock, as stated above, then serve/at the same time, but apart, in some stock a very little poached egg for each guest. For economy's sake or simplification, poached eggs are often replaced by Royal cut in little cubes. It must be recognized that a good stock, being very nutritive by itself, when accompanied with poached egg, is able to satisfy moderate appetite.

Stock "à la chiffonade." — A "chiffonade" is lettuce and sorrel, finely cut and melted with butter. The "Chiffonade" must be made first with a handful of these vegetables, then add this to the stock with little "quenelles" and some sprinkled chervil.

Stock with Parmesan cheese. — Prepare paste with Parmesan cheese to compose the garnishing. Mix two yolks of eggs, salt, pepper and 1 1/2 oz. Parmesan cheese, then add the two whites in snow, but mix also 2 spoonful flour. Place this very thin paste on buttered paper and cook 5 minutes in very hot oven; after cooling, cut it in little lozenges or rounds which are put at the last moment in the stock.

Stock "aux Diablotins." — Make a small quantity of puff-paste (pâte à choux) (see the word) with cheese well seasoned and fry in butter in little pearls (like hazels), drop them on cloth and pass together with the stock, but a part.

Stock "aux Profiterolles." — Make little "profiterolles" with puff-paste (pâte à choux). Bake in warm oven and put them in stock when serving. They can be stuffed with goose-liver mash or another.

Stock "à la Célestine." — Make two or three little crêpes (pancakes), without sugar, cut them in fine fillets and lay them in a good poultry stock. Place thereon some cut chervil.

Stock with Italy paste, vermicella. — Let pastes fall in rain in boiling stock, with the proportion of 50 gr. (2 ozs) for 1 3/4 pt. Slowly cook 10 minutes.

Stock with "Cheveux d'ange," "Neige de Florence." — 1 minute cooking.

Stock with rice. — White the rice 5 minutes in water. Drop it, wash it and cook 20 minutes with stock.

Stock with four fillets. — Cut in fine fillets as for the Julienne some poultry white, red tongue, truffles and cooked mushrooms. Let it boil a few minutes in stock.

Stock "à la d'Orléans." — This poultry stock is garnished with rice, soup "quenelles" of three colours and cut chervil.

Stock "Mousseline." — Stock with some thick tapioca (2/3 of ounce). Mix in the soup-pot three yolks of eggs (3 1/2 pts) with 4 ozs thick well fresh cream and lay boiling tapioca thereon.

Stock "à l'Aurore." — Stock with tapioca, adjoined with tomato mash, sprinkle thereon in each plate a spoon of hard-boiled yolks eggs, passed through the tammy.

Stock "Mimosa." — Stock with light tapioca, garnished with green beans in lozenges, royal of spinage, hard-boiled white eggs in fillets.

When stock is served, sprinkle thereon in plate a spoon of yolk egg passed through the tammy.

Stock "Xavier." — In boiling stock, lay through skimmer having somewhat gross holes, the following mixture : 2 ozs flour, 2 full eggs, a pinch of salt, some cut chervil, three spoonful milk. Mix well with whip and then let it boil some time, stirring a little.

"Hochehot" (stock with ox-tail). — Take cut in thin fragments by the butcher, 2 good pounds of ox-tail and 13 ozs vealleg. Let them white ten minutes, refresh and put for cooking as for a "pot-au-feu" during 4 or 5 hours. Then cut in gross dice 1 lb. crude and very meagre beef, turn in butter and lightly powder with flour. Brown a few minutes and lay stock thereon. Cook for the second time during 2 1/2 or 3 hours. Remove the grease and pass. Garnish with vegetables of first stock, correctly cut. Add some flesh of ox-tail and if desired a pork ear.

Stocks to be served cold

Stock in cups "à la Madrilène." — Stock with very much meat and poultry in order that, when cold, it will be lightly gelatinous. By clarifying with hashed meat, some tomato mash is added (fresh, in preference). When cooked, remove grease and pass. Let it get cold, add some fresh tomatoes, cleaned, emptied and cut in little regular dice (but not cooked). Add also very little Cayenne or paprika. This stock is served in breakfast cups, half full.

Glazed stock with tarragon. — Place a good pinch of cut tarragon in the clarifying meat and lay also a little pinch in each cup.

Glazed stock "Strozzi." — Very strong stock in which are cooked three spoonful tapioca for 1 3/4 pt. during 20 minutes. Pass through very fine tammy with crusher. Place in cup and let it get cold, then sprinkle thereon a pinch of filleted eggs.

Nota. — These glazed stocks must be well seasoned. They must also be lightly gelatinous and they will then meet with epicures' agreement.

Mixed soups and creams

All titles of recipes for creams or mixed soups, served in dinner would be fastidious, as some soups are combined between themselves. The following are divided in to two categories :

1° The ones having a farinaceous food as basis, such as wheat or oat meal, rice cream, barley cream, maize cream, etc., etc...

2° The others constituting a mash such as : potatoes, white beans, red beans, peas, lentils, etc..., etc...

Another category is joining a farinaceous food with vegetables which would not be by itself farinaceous enough to justify name of cream, such as lettuce creams, asparagus creams, etc..., etc...

Following are soups with different flours; the proportions are established for eight persons.

Rice cream. — Melt about 2 ozs butter, add 3 ozs rice cream and cook some time this roux, in order to give it better taste. Water with 2 1/2 pt. veal or beef-stock, following the case (not with water). Mix with the whip until ebullition, then cook on little fire during 3/4 hour. Skim and add a glassful of boiled milk, season according to taste. Place in soup-pot two yolks eggs and about 2 ozs cream, mix and place boiling stock thereon. Garnish with bread croûtons, fried in butter, or with rice cooked in stock, but apart.

Barley cream. — Same proceeding as above. Garnish soup with three spoonful pearled barley, cooked apart and at least 3/4 hour in stock.

Rice cream and barley cream are basis for nearly all soup "creams."

Asparagus cream. — Make a roux with 40 gr. butter (1 1/2 oz.) and same quantity of rice. Cook 2 minutes and water with 2 1/2 pts stock, mix until ebullition and add two little bunches of green asparagus points, cleaned and whited 5 or 6 minutes in salted water. Cook all 1 hour on slow fire, skim and pass through fine tammy. Place again on fire with some boiled milk, all being very creamy. Mix with two yolks eggs and some cream. Butter. Garnish with some asparagus tops, cooked in salted water in order to remain very green.

Lettuce cream. — Same proceeding as for the asparagus cream, replacing the latter by two white lettuces. Garnish with croûtons of fried bread.

Cream "à la Châtelaine" (with artichokes). — Make a golden roux with 40 gr. (1 1/2 oz.) butter and 50 gr. (2 oz.) flour. Water with 1 3/4 pt. stock and add three or four artichokes heads, cooked and cut. Let it stew 1/2 hour, then pass through fibre tammy. Mix the cream with boiled milk and also the soup. Garnish with little Royal cubes (see the word) or bread croûtes.

Cream "Dubarry." — Let white a little cauliflower during 8 or 10 minutes. Prepare a roux with butter and two spoonful flour, water with 2 1/2 pts stock. When boiling place the cauliflower and terminate very slowly. After 40 minutes cooking, skim and pass all through very fine tammy. Put again for boiling with some milk, mix with two yolks eggs and cream. Little croûtons or little bunches of cauliflower as garnishing.

Cream "à la Rohan." — Dubarry soup, a little lighter with three spoonful tapioca.

Cream "à la Freneuse." — As for the "Dubarry," but with 1 lb. turnips, cut in quarters, whited in salted water and dropped, instead of cauliflower.

Capucine cream (with mushrooms). — Rice cream, a little thicker. Clean 12 ozs very white mushrooms, pass them raw through a fine iron-tammy. Cook with boiling butter and lemon juice, until this mash is reduced dried. Mix this mash with rice cream and cook 1/4 hour. Mix with two egg yolks and 7 ozs cream. Garnish with fried croûtons.

Nota. — Instead of cream, some milk and a thick piece butter can be added.

Endive cream or Colbert cream. — Same proceeding as for asparagus cream with a very green endive. Terminate with or without mixture, but with some cream or butter. Garnish with fried croûtons or Royal.

Celeriac cream. — Clean and cut in quarters a normal celeriac. White it strongly, drop it, water it and terminate cooking in rice cream, as for preceding soups. Mix with two egg yolks and cream. Garnish with fried croûtons.

Oat cream. — Boil 1 3/4 pt. milk. Mix with 1 3/4 pt. stock. Mix further, in 7/8 pt. cold milk, 5 ozs oatmeal and lay it in boiling liquid. Cook slowly 1 hour 1/2, skim and add cream or butter and little fried croûtons. Garnish with Julienne, sorrel, etc...

Portuguese cream. — Brown in butter cut onion and carrot. Then powder with two spoonful flour, brown a little and add 2 lbs fresh tomatoes, well matured and cut in quarters. Mix and water with 1 3/4 pt. stock and slowly cook in stirring. Add salt, pepper, 2 pieces of sugar, a small bunch of herbs, then cook 3/4 hour and pass through fine tammy. Add stock, boil, butter and garnish the soup with cooked rice in whole grains.

Queen cream. — Make a rice cream with poultry stock. Keep some white and crush with remnants of poultry. Mix this mash with rice cream. Cook half an hour and pass through fine tammy. Place soup in warm and add some milk and boil. Skim, mix with two egg yolks and cream. Garnish with remaining poultry, cut in dice.

Golden cream or Andalusian cream. — Cook a pumpkin, tomatoes, and potatoes in equal parts. Pass through tammy and mix with fat or meagre (with some milk), season, lightly sugar and mix with egg yolk. Garnish with cooked rice in grains.

Clamart cream. — Cook in well salted water 2 lbs 3 ozs of fresh cleaned peas, drop them and pass through fibre tammy. Mix the mash either with stock or with cooking of peas and milk. When soup is boiling, make it thicker with two or three spoonful rice cream mixed with cold milk. Season and lightly sugar. Mix with two egg yolks and three spoonful cream. Garnish with cut lettuce leaves cooked apart in stock.

Calcutta cream. — White during 5 minutes in salted water a pound gross cut onions, drop them, dry them with butter, and finish cooking in rice cream. Add $\frac{1}{2}$ coffee spoonful of powdered curry and cook slowly during an hour. Then pass through fine tammy and place it again on fire with some boiled milk and a good pinch of rasped Coco-nut. Mix in soup-pot two egg yolks and cream, and garnish with cooked rice apart. Delicious and not common soup, but do not keep it too thick.

Maize cream. — Boil $3 \frac{1}{2}$ pts stock, during this time mix in $\frac{7}{8}$ pt. boiled milk, 4 ozs maize flour; lay this mixture in boiling stock and cook half an hour. If soup is not too thick, adjoin mixed flour. When cooked, mix this soup with egg yolks and cream, and garnish with little slices of buttered bread, dried in oven, but without being grilled.

Cream "à la Saint-Hubert." — In this soup can be used remnants of any game. A catcream, not too thick, must be prepared, with a very ordinary stock; then is added the carcass or remnants of game, separated from all the flesh. Remnants can be crushed in order to give more taste to the soup. When all is cooked during at least 1 hour, skim and pass the soup and keep it warm. It must be creamous and well seasoned. Butter and garnish with reserved game. Flesh and cut in small dice.

Cream Solferino. — Prepare an ice cream, watered with veal stock or with water if a meager soup is desired. When soup is boiling, add 1 lb. 2 ozs cleaned tomatoes, emptied and previously melted in butter, cook very slowly during 1 hour $\frac{1}{2}$. Remove the grease and skim when on surface. During this time, thirty balls of carrots and same proportion turnips are made with the vegetable spoon, in the proportion of a gross peas. Pass this soup through the tammy and let it boil again and add, but apart from fire, 4 ozs fine butter. Then lay the soup in soup-pot and add balls of carrots and turnips cooked apart in stock and tossed in butter, then a pinch of chervil leaves, when serving.

Crayfish bisk soup. — This soup is one of the richest of french cookery. Three crayfishes are necessary by person or (good pound) little crayfish for eight guests.

Brown a "Mirepoix" in butter, then place the little crawfish or alive crayfishes. Toss all in butter during a few moments, then flamy half a glass of Cognac, and water with a glass of white wine. Salt, pepper, cover and let it cook 8 or 10 minutes. Clear them off in order to get cold (if crayfish are used, keep the intestinal gut placed at the tail's end, keeping with the nail the paddle placed in the middle of the fan formed by the 5 paddles which terminate the tail). When cold, clean, keep the tail's flesh and crush all finely, add this mash to a rice cream not too thick. Mix, let it stew again 10 minutes.

Pass this soup through strainer or chinese tammy, pushing well the mash to extract the juice. Place again the soup on fire, with a glass of cream, some drops carmine and very well seasoned with cayenne pepper and paprika. When boiling, skim it, butter it strongly and garnish with tails cut in pieces.

Mixed soups with vegetables mash

Soup Saint-Germain. — This very well known soup is a basis for a great number of others.

Soak the day before, 1 lb. 8 ozs of split peas, then carefully wash them. Cook with enough water to bathe. When boiling, skim and add a gross onion and a carrot in slices tossed in butter, together with some ham. Add also a handful of leeks green, cover and cook 1 hour. Pass through fine tammy and mix this mash, which must be very thick, with stock or even water, keeping it very creamed. Season, lightly sugar to keep off acidity of split peas and butter well. Skim if necessary and garnish with little fresh peas or preserved peas.

Mash with croûtons. — This is the Saint-Germain, in which peas garnishing is replaced by little croûtons of fried bread in butter. This soup will be kept a little thicker than the Saint-Germain.

Nota. — With this mash of split peas, it is possible to obtain a great variety of soups in changing the garnishings. Here are the following.

Soup Fontanges. — Soup Saint-Germain. Mix with egg yolks. Garnish with a handful sorrel and some lettuce cut and melted in butter. Sprinkle some chervil.


Soup Ambassadeur. — Soup Fontanges with some spoons of rice cooked in stock. Butter, but not mix.

Soup Marigny. — Soup Saint-Germain. Garnished with little peas, green cut beans and lettuce melted with butter. Not mix.

Soup Lamballe. — Clear soup Saint-Germain. Add three spoonful tapioca for 1 3/4 pt. Butter in soup-pot.

Soup Longchamp. — Soup Saint-Germain. Mix two good handful gross vermicella and a sorrel cut and melted with butter. Not mix but serve with chervil.

Mimi soup. — Clear soup Saint-Germain. Add Japan pearls. Garnish with carrot pearls.

 **Parmentier soup.** — Brown in butter the white of 2 or 3 leeks, cut. A good pound potatoes, cut in quarters, water and salt. Cook and pass through fine tammy. Mix with water or with stock and a little boiled milk. Cook, skim, mix soup in soup-pot with two egg yolks and cream. Butter if soup is meagre and garnish of fried in butter croûtons.

Nota. — Variants of this soup can be obtained in changing garnishings.

Soup Demarsy. — Make a soup Parmentier and mix with Japan pearls, cooked apart with stock. Mix with egg yolks.

Soup Gentilhomme (or Darblay). — Soup Parmentier garnished with a Julienne of carrots, white leeks and lettuce cut and cooked with butter. Mix with egg yolks. Sprinkle chervil.

Soup Suzette. — Soup Parmentier a little clearer. Add on time of serving 5 ozs whipped cream. Garnishing with Royal cut in rounds.

Watercress soup. — Cook in water a good pound of potatoes and a good handful watercress, of which stalks are only used, leaves being conserved for salad. After cooking, pass all through fine tammy and mix this mash with water and stock to obtain a creamed soup. Butter, season and garnish with bread slices, or with watercress leaf whited a few minutes in boiling water.

Soup Crécy with rice. — Brown lightly in butter 4 ozs. meagre bacon, cut in dice and 2 ozs. cut onions, add 2 lbs well red carrots, also cut, then cover the casserole, and keep it a few minutes on side of fire. Then water carrots with stock and add 2 ozs caroline rice. Cook covered during an hour. Pass to the finest possible tammy. Add again stock and cook again. Skim and place a little carmine. Strongly season. Butter the soup just before serving and garnish either with rice, or with croûtons of fried bread.

Velvet soup. — Clear soup Crécy. Add cooked tapioca apart with 7/8 pt. stock. Do not put croûtons.

Soup Soissonnais. — Pass through very fine tammy a pound fresh or dry white beans, but cooked in water with an onion and a carrot. Mix with cooking and complete with stock and milk to obtain creamed soup. Cook, mix with egg yolks and cream. Garnish with fried croûtons.

Soup Paulette. — Same as above and garnish with a handful of sorrel and cut lettuce (see list of cookery terms), melt in butter. Mix soup with egg yolks and cream, cut chervil thereon.

Soup Faubonne. — The Faubonne is a soup "Soissonnaise," garnished with Julienne melted in butter "à l'étuvée." Mix and sprinkle chervil.

Soup Chevrière. — Same as for the Soissonnais, but replace the white beans by flageolet beans fresh or dry. Butter but not mix soup. Garnish with croûtons and sprinkle chervil.

Soup Condé. — Same proceeding as for the Soissonnais, but using red beans instead of white.

Nota. — All these soups can be varied in changing garnishing.

Soup Esaü or Conti. — Prepare a pound lentils. When they are nearly cooked, add 3 spoonful rice cream, mixed with some cold stock. Cook again half an hour and pass through fibre tammy (metallic tammy renders the lentils black). Mix, butter and season. Garnish with fried croûtons.

Rapid soup. — Boil 3 1/2 pts salted water and lay 5 1/2 ozs well puffed vermicella. Render it thick by cooking, salt and lightly pepper. Whip in soup-pot three full eggs, then mix little by little 1/2 pt. warm milk. Lay the soup on this mixture. Butter according to taste.

Soup Garbure. — Stew in butter two carrots, 2 turnips, 3 potatoes, some green cabbage, all finely cut. After cooking, pass through a very fine tammy and mix some spoons of white beans, cooked with some tomatoes and passed also through the tammy. Mix with stock or with water and cooking of beans.

Boil, season, strongly butter (principally when soup is meagre). For garnishing, cut rounds of "flûtes" of which top will be garnished with a mixture composed of egg and handful of rasped cheese, gratined 5 minutes in warm oven. Stew these rounds of bread 3 or 4 minutes in soup, before serving.

Germiny soup. — Melt in butter a good handful of finely cut sorrel, then water with stock and add a small quantity of fresh peas mash. Boil, season and mix in the soup with 4 egg yolks and 1 tea-cupful cream for 3 1/2 pts soup. Butter this soup which must be very creamy and sprinkle with some cut chervil.

Chantilly soup. — Make this soup with fresh peas as for the cream Clamart, but a little thicker and add, if necessary, some rice cream. Season and lay on a mixture made with two egg yolks and 3 1/2 ozs cream, lightly whipped. Soup will then have a foamy appearance on the top. Garnish with little fine peas.


Some soups with fish (meagre)

Bisk soup with meagre. — For such soups, we recommend in, a general way, not to use fish having a strong smell, such as mackerel, salmon, herring, etc. and not to keep them boiling in their "court-bouillon" more than 20 to 30 minutes. When reduced, it will possess a more pronounced smell. Fish soups are very delicious and preparation is particular. They are only agreeable when they possess a very little smell of sea-fish. Same proceeding than for the Bisk with fat.

Soup with oysters. — Cook in 1 3/4 pt. water, either a "lotte," colin, turbot or soles. Aromatize as for a "court-bouillon." After 1/2 hour cooking, pass this stock and keep fish to prepare with sauce. Melt 2 ozs butter, mix with 2 ozs flour or 1 1/2 oz. rice cream. Water with stock and cooked milk, in order to obtain a sort of velvet used for all fish soups. Open oysters (three for each guest) and poach them in their water. Drop and cook "à la mousseline", then add the mixture prepared with some raw cut mushrooms and a little parsley. Cook 20 minutes and pass this cream. Join with egg yolks, cream and butter and add carefully cleaned oysters. Serve together with a plate full of grilled and buttered bread slices.

Soup Cardinal. — Mix to a fish velvety the half volume of clear Béchamel, all being creamy. Slowly cook 1/2 hour and add a small quantity of tomato

mash, together with 3 ozs lobster or crayfish butter. Garnish with little dice of flesh of the crustaceans.

 **Soup Jacqueline.** — Make a light fish velvety, cook 30 minutes, then mix with 2 egg yolks and a glass of cream. Well season and garnish with little pearls of red carrots, made with spoon, little peas and rice, cooked apart.

Soup Dieppoise. — Same proceeding as above, adding to cooking 2 pounds mussels, mix this soup and garnish with some mussels, cleaned from the nervous organ, and also a handful of shrimps tails, very well desalted.

Soup "à la Régence." — Make a rice cream watered with fish stock, clean and cut in fragments three whittings and cook in the soup after cleaned, pass flesh through the tammy, pass soup through fine strainer and mix the whittings mash. Creamy soup, well seasoned. Garnish with bread croûtons.

REGIONAL AND ECONOMICAL HOUSE-SOUPS

These soups are those made every day at home and which are simple, but good.

Onion soup with cheese. — Toss slowly in a casserole a little more than 5 ozs finely cutted onions with 2 ozs butter. When they are well brown (very slowly and not on quick fire), powder with a spoonful flour, let them brown again and water with 2 1/2 pts water, salt, pepper and cook 10 minutes. Prepare thin slices of ordinary bread, recovered with Gruyère slices and some hazels of butter from place to place. Lay the soup thereon and cover 5 or 6 minutes before serving. The soup must be strained in laying on bread if it is desired that onions are eliminated. This soup can also be gratined. For this reason a fireproof soup-pot would be used. Make the soup a little more thick and sprinkle rasped cheese thereon. Put in warm oven to be well gratined and copiously pepper.

Onion soup with milk. — Same proceeding as above, cooking of onion would be slower in order that soup would not be so coloured. Powder with flour but do not make it brown and water at once with milk. Salt, lightly pepper, cook 8 or 10 minutes slowly and lay on the bread. Vermicella can be added instead of bread.

Sorrel soup (called soup of health). — Cut a good handful sorrel, cook it on fire side with 2 ozs butter. When it is melted, water with 2 1/2 pts water. Salt, boil again 1/4 hour and render it thick with two spoonful mixed potatoes fecula. Remove soup on fire side and mix in adding two egg yolks, mixed in a great glass of cold milk. Lay on thin slices of bread and sprinkle with cut chervil.

Peasant soup. — Prepare a Julienne. Melt and stew these vegetables well covered in a good piece butter, then water, add further some cut but not stewed potatoes. Salt and cook slowly $\frac{3}{4}$ hour, according to the vegetables quality. Put bread and butter in soup-pot. Garnish with cut chervil.

Bread-soup. — The habit to let bread stew during 1 hour or more must be abandoned, as it gives a glutinous pap which is not appetizing.

Put in a casserole the croûte of stale bread (about 8 ozs per $1\frac{3}{4}$ pt.). Salt, pepper and put on slow fire in order that bread nearly absorbs totality of water. When boiling, crush the bread with a whip. A smooth mash will then be obtained. Shake during a long time in a pot two full eggs with $\frac{1}{2}$ pt. milk. Lay in very hot soup and continue to stir with the whip and let it boil. Draw back from fire and butter this soup and season. Add milk if necessary.

Pumpkin soup. — Cut in pieces a good pound of pumpkin and cook with salted water. Pass through fine tammy with cooking, add some milk to give a creamy consistence, season and a little sugar. Place a few thick slices of ordinary bread in the soup and let it stew slowly 6 minutes. Butter apart from fire and lay in soup-pot.

Soup "à la Comtoise." — Boil $1\frac{3}{4}$ pt. salted water and spread in shaking, 4 ozs maize flour, cook 20 minutes, then add $\frac{7}{8}$ pt. milk to render it clear, place bread slices and stew all 5 minutes. Butter, season when serving.

Cabbage soup. — Cook as "pot-au-feu" 2 lbs "palette" or pork shoulder, called "petit-salé," $\frac{1}{2}$ pound bacon, also salted (It is necessary to wash this flesh to rake out excess of salt, it would be better to make it white also). When flesh is boiled, skim it and garnish as for a "pot-au-feu," abundantly. Cook $\frac{3}{4}$ hour, then add a cabbage cut in quarters and cleaned of its gross sticks. Half hour after, add 5 or 6 gross potatoes and a raw sausage with garlic (or without garlic according to taste). Cook again 25 or 30 minutes and serve. Meat can be presented with vegetables, all constitutes a good family dish.

"Potée Vosgienne." — It is also a cabbage soup and with all vegetables, as shown above. The "petit-salé" is replaced by ham. Ham must therefore be cooked longer.

"Potée Auvergnate." — In Auvergne, a head of salted pork is cooked with a piece of bacon and also with much cabbages than other vegetables. Lentils can be added.

Soup Thourin (Bordelaise country) (1). — The Thourin or Tourin is made in various ways :

Clean and cut 3 gross onions in very fine slices, put them in a casserole with 2 or 3 spoonful pork grease, let them brown and melt very slowly. Lay

(1) Due to Austin Croze.

thereon 1 $\frac{3}{4}$ pt. cold water, salt, pepper and boil 10 minutes. Mix apart 3 egg yolks and a cup of stock and mix the soup without boiling. Serve with cut bread.

Oxtail soup. — Take 2 lbs oxtail, cut in fragments of 2 inches, white it 3 minutes, then refresh. Toss these pieces with some beef-grease and some rounds of onions and carrots, powder with two table-spoonful flour and let it brown well, then water with 5 $\frac{1}{4}$ pts stock or water. Cook slowly 4 hours with necessary seasoning, then pass this soup which must be gelatinous and strongly seasoned. Make further an infusion of tea-cupful a boiling madeira, a good pinch of dry herbs composed of marjoram, sage, rosemary, and basil. Pass this infusion in the soup and garnish with some flesh of oxtail, cut in gross dice and also little balls of carrots and turnips, made with gut-spoon (proportion of gross peas) and cooked separately in salted water : soup very well seasoned.

Chicken Broth. — Place in the marmite a chicken or a fowl, whited previously and deal as for the pot-au-feu, with less water, in order that stock is stronger, place some vegetables, a celery branch (English people like celery very much). Skim when boiling and cook slowly $\frac{3}{4}$ hour for a chicken and 2 or 3 hours for an old fowl. 20 minutes before complete cooking, add 4 ozs rice and terminate cooking. For serving, cut chicken into pieces. Take vegetables out and lay on chicken the stock and the rice. Vegetables can be used in cutting them in small dice and adding them to the Chicken-Broth.

Mutton Broth. — Cut in small dice 1 lb. mutton, shoulder, neck or high of leg. White and refresh it, then cook in 3 $\frac{1}{2}$ pts water. Salt, pepper and add 4 ozs pearled barley, whited $\frac{1}{4}$ hour in water. Cook all two little hours.

Cut in very small regular dice two carrots, two turnips (normal), two white of leeks, an onion and a celery which must dominate on other vegetables. Melt these with stewed butter, then add to the stock and terminate cooking of all. Join a pinch of grossly cut parsley and serve in retiring the greater part of flesh which will be used in another dish (hash, etc.).

Turtle Soup. — Turtle is found all prepared as preserved in trade. Contents of a box will be mixed with a 2 $\frac{1}{2}$ pts good beef stock and added also infusion of turtle herbs, in madeira, as it is said for the Oxtail. Mix a little of this soup with two little spoons of arrow-root, mixed in cold with some stock. Turtle is cut in pieces and added to this very well seasoned stock, gelatinous and perfumed. Garnish with little quenelles.

The Beef-Tea. — Concentrated stock, principally used for invalids and for convalescents.

Grossly hash 12 or 14 ozs slice or raw beefsteak, well meagre. Introduce this flesh in a bottle, add the white of a leek and a little carrot, all cut in dice, a little pinch of salt and two spoons of cold water. Well cover the bottle and place in a marmite of cold water, in order to be bathed, then let it boil and cook in bain-marie 3 hours. About a cup of very strong stock

will be obtained and will be passed to a fine strainer. Little porcelain marmites, special for this use, are found in the trade and are called "American marmites".

Nota. — The stocks shown above are also made in England with crabs, shrimps, eels, sturgeons, oysters, beef-cheeks, rabbit, game, pigeon, veal-foot, kidneys, etc.

Foreign soups ⁽¹⁾

Soup Bortsch. — Stew slowly in butter a Julienne of beetroots, cabbage hearts, leeks, onions and a little celery (so much beetroots as all other vegetables together). Water with 3 1/2 pints water, a bunch of herbs, and juice of raw beetroot, rasped and crushed in cloth. Add when cooking 1 lb. beef breast, boil 1 hour 1/2, then add a little tossed duck in oven. Cook again an hour and terminate this soup with some spoons of beetroot juice, a pinch of cut parsley and branch of cut fennel and put 10 minutes in boiling water. Cut beef in dice and duck in little slices for serving in the soup and pass with a sauce-pan of smitanie (eager cream, special to Russian cookery). Russian people add also in this soup some special grilled sausages, and little "pâtés" of stuffings or vegetables.

Soup Tschy. — Make a stock of 1 3/4 lb. beef chest, 1 duck, 1 fowl, 8 ozs salted and smoked bacon, 3 smoked sausages. Skim and garnish with vegetables of "pot-au-feu," replacing turnip by celery. Take out the meats as soon as they are cooked.

Further toss in butter a cut onion, add 7 ozs choucroute, washed, crushed, powder with two spoonful flour and water with 3 1/2 pts prepared stock. Cook 2 hours with little boiling and add also to this soup some beef, duck and sausage. Lay in soup-pot and sprinkle thereon cut fennel and parsley (*Russian*).

Batwinia soup (cold soup). — First make a sorrel soup, in finely cutting 4 ozs sorrel, 4 ozs spinage and 4 ozs beetroot leaves. Melt in covered butter very slowly and when cooked pass through fine iron-tammy. Add water and white wine in half, season with salt, a pinch sugar and place as garnishing a half cucumber very finely cut, in dice, some chervil, parsley, fennel and cut tarragon. Serve cold with little pieces of alimentary ice (*Russian*).

Olla Podrida. — Spanish people prepare under this name a sort of pot-au-feu, in which enter : beef culotte, veal chest and mutton, chicken, pigeon, partridges, duck, ham, pork ears, chorizos (sort of smoked sausages), plus garbanzos or chick-peas and vegetables and habitual seasonings for pot-au-feu, cabbages, fresh peas, green beans, artichokes, cucumber and lettuces. Place chickpeas (previously soaked 24 hours in cold water) at the beginning of cooking. Retire the meats as soon as they are cooked. Other vegetables will be whited and cooked apart with some stock. Serve on three plates.

(1) Origin of foreign soups is shown at the end of recipes.

Chickpeas on the first, other vegetables on the second and meat on the third. The delicious stock will be served at the same time and is somewhat mixed with chickpeas.

It is evident that this soup can be simplified by suppression of a part of meats, but chick-peas or chorizos should always be maintained (*Spanish*).

Soup Minestrone. — This Italian soup is the same as our Peasant soup, but with a little garlic, rice, tomato or paste. Very good when well prepared.

2 ozs fat fresh bacon will be rasped, put in a casserole and added with 4 ozs chest bacon, finely cut. Brown all with a normal minced onion. When coloured, add two carrots, two turnips, two white of leeks, two potatoes and some green Milan cabbage. All these vegetables must have same proportion. Salt, pepper and a pinch sugar. Cover and slowly melt until vegetables become yellow. Water with 1 $\frac{3}{4}$ or 3 $\frac{1}{2}$ pts stock, add three cleaned, emptied tomatoes, cook $\frac{1}{2}$ hour, then complete with handful of little peas, same quantity of green beans cut in dice and 2 ozs spaghettis broken in pieces which can be replaced by rice. Cook slowly $\frac{3}{4}$ hour. Non salted bacon is then rasped (2 ozs), mix with some crushed garlic and a pinch of cut chervil. Serve with rasped cheese (*Italian*).


Soup "Au Pistou." (1). — Cook in water 8 ozs green beans, cut in fine pieces, 8 ozs minced potatoes and 8 ozs cleaned and cut tomatoes.

When vegetables are nearly cooked, add 4 ozs vermicella for 1 $\frac{3}{4}$ pt. soup and complete in boiling. Prepare an "aillade" (imitation of ailloli). Brush a gross garlic clove with fine herbs (sage, thyme, basil), mix little by little two spoons of very thick tomatoes mash, mix with three spoons olive oil, non fruited, place this mixture in a soup-pot and lay the soup upon (but little by little in order not to cook the yolks of the aillade). Sprinkle on the soup a handful of rasped cheese (*Italian and niçois*).

Beer-soup. — Put on fire 1 $\frac{3}{4}$ pt. beer with 1 oz. sugar, some cinnamon, some ginger and lemon. Cook 5 minutes, then mix apart an egg, 1 oz. flour, $\frac{1}{2}$ pt. milk, a nut of butter and a spoon of Rhum. Lay this mixture in casserole, in mixing. Cook 10 minutes and add a glass of boiling milk (*German*).

Mulligatawny soup. — Cut in pieces a ferm chicken, or even a fowl, together with $\frac{1}{2}$ lb. mutton'neck. White the flesh, skim and refresh in current water. Cook with 3 $\frac{1}{2}$ pts water, a carrot, an onion, bunch of herbs, celery and 3 or 4 mushrooms ends, minced. Melt slowly in butter a minced onion, together with an apple (Reinette), powder with two spoonful flour and $\frac{1}{2}$ coffee-spoonful curry. When chicken and mutton are cooked, water this brown with stock and cook $\frac{1}{4}$ hour. Retire the grease, pass through chinese tammy, add a cup cream. Serve with a timbale of rice "à la Créole" (*Indian*).

(1) Recipe of Maître Escoffier.

Greek soup. — Cook a piece of mutton chest or neck with split peas. Pass then the peas through fine tammy and mix this mash with some stock or water. Add some spoons of pot-au-feu vegetables, cut in very fine little dice and stewed in butter, and also some little dice of meagre mutton and 3 spoons Patna rice, cooked apart in the stock. Season well with salt, pepper and a pinch sugar (*Turko-greek*). 

SAUCES

Sauces are very important, as they give the final flavour to dishes. In consequence, we strongly recommend this chapter to everybody consulting this book, advising to give greatest attention and meticulous care for the preparations.

The part of sauces is important, not only on a culinary point of view, but also as regards alimentary hygiene.

Badly prepared, they are not digestible and for this reason Doctors do not authorize their use, when a diet is necessary.

There are three sorts of sauces : brown sauces, white sauce, cold or hot, and sauces having oil as basis.

Brown sauces

All these sauces come from the half-glaze. Greatest care and attention must therefore preside their preparation. They replace the "Spanish sauce," of which we do not speak any more these days.

In a home where some care is given to cookery, it is necessary to have in advance a certain quantity of this sauce, as its preparation is long. It can be kept a few days in a cool place, principally in winter.

Brown juice. — Take a little more than 2 pounds gelatinous bones of veal and beef and some rinds of bacon, all broken and cut in pieces. Toss in oven, with onions and rounds of carrots, then water until covered with $3\frac{1}{2}$ or $5\frac{1}{4}$ pintes water. Cook slowly at least 4 hours, after having put a bunch of herbs, a very small quantity salt and pepper. Remove the grease, strain the remnant and use this to make the half-glaze sauce, as explained a little further. This juice is very easy to make and constitutes precious ressources for the cookery. It becomes a jelly, when cold.

Bones and remnants are then used to obtain the glaze of meat, without any expense.

Glaze of meat. — When juice is strained, water for the second time (all bones and remnants to which can be added all garnishing of meats at hand — mutton excepted), and cook all during 2 or 3 hours. The second juice must cook slowly to extract all nutritive parts of bones and flesh.

Remove the grease and strain this juice (which is called the "Remouillage"), reduce it in a big casserole in order to let it boil. When there remains

only $\frac{7}{8}$ or $\frac{1}{2}$ pint, lay it in a little casserole and continue to reduce until it becomes a thick and black syrup. Then lay it in a little box or pot. This juice can be kept for a long time and when opportunity arises to make another quantity, it can be placed upon the first remnant. Great advantages are obtained in making the glaze of meat ourselves; it will always be the best and certainly more natural than products offered under the name of "Concentrated," which should be used when no other is available and as little as possible.

Half-glaze sauce. — This is the brown juice used for the half-glaze sauce. Make a brown composed of grease (never butter) and flour, which will be cooked very slowly. Stir from time to time, when it gets a frankly brown tint, water this brown with brown juice in sufficient quantity to obtain a clearer sauce, to which a little quantity of tomato mash is added. Turn the sauce on the fire with a little whip, until ebullition. Then place it on side of fire and cook very slowly, without stirring it, during 2 full hours, but skim it from time to time to keep out grease and foam, which would render it indigestible and spoil its aspect.

When it has cooked so long and when impurities are removed, strain out. It can then be kept in reserve to be used when necessary. We repeat that this sauce, made according to the above conditions, can be kept several days, in a cool place.

Nota. — We will now explain why it is stated that it is better to make the brown with good grease instead of butter. Butter burns very quickly and becomes black, it burns also the flour and the sauce becomes bitter. Further, as the sauce must be degreased when it cooks, if the brown is made with butter instead of grease, whatever is on the surface, must be taken out, which means supplementary expense.

When this sauce is made, it can be buttered apart from fire with fresh butter. The half-glaze sauce and all brown sauces must be cooked as long as possible.

Madeira sauce (6 or 8 persons). — Put in a little casserole 3 table-spoonful good Madeira. Add, as gross as a nut, meat glaze or well seasoned juice and reduce to half, by ebullition. Then strain on this reduced, $\frac{1}{2}$ pt. half-glaze sauce. Boil for a few minutes. Put seasoning and butter the sauce, apart from fire, and serve.

Nota, — It must be also explained why it is necessary to reduce the Madeira. If wine is used and that sauce is then served — as it often happens — taste of hot wine communicated to the sauce (or sour taste), is absolutely disagreeable. The alcohol developed through heat of sauce gives irritation to the stomach, without giving a pleasant taste. When wine is cooked, a certain part of its aroma is lost, but its perfume is much concentrated. This remark applies to all wines added to the sauces.

Sauce Périgueux. — Madeira sauce with cooked truffles, either hashed, shredded or chopped. Add juice obtained from cooking of truffles. Butter at last moment, but apart from fire.

Hunter sauce. — Toss in oil 4 ozs raw mushrooms, shredded. Then put two cut shallots. Cook one minute and water with 6 table-spoonful white wine. Reduce to half and 1 tea-cupful half-glaze and a spoonful tomato mash. Stew, then butter the sauce apart from fire and add some cut parsley and tarragon.

Bordelaise sauce or Marrow Sauce. — Toss one minute in butter a coffee-spoonful of hashed shallots. Water with 6 table-spoonful red wine (claret), add 6 crushed grains of pepper, a branch of thyme and reduce. Add 1 tea-cupful half-glaze, stew $\frac{1}{4}$ hour, remove the grease and strain to Chinese strainer. Add 2 ozs beef marrow, cut in dice, keep it on side of fire, during 10 minutes, without boiling. Mix with spoon the melted marrow which is on the surface with the sauce. This sauce is served with Tournedos or grilled chuck-steak. Then place on the meat nice pieces of beef marrow, poached in salted water, very warm, but not boiling.

Sauce piquante. — Pass in butter a spoonful of cut shallots. Water with 6 table-spoonful vinegar and reduce until $\frac{3}{4}$. Add 1 tea-cupful of half-glaze sauce and stew $\frac{1}{4}$ hour. On time of serving put a small quantity of cut gherkins, and cut parsley. Do not boil after gherkins are added.

Sauce Lyonnaise. — Toss in butter, without giving colour, 2 ozs finely cut onions. Water with 6 table-spoonful good white wine, reduce to half and add 1 tea-cupful half-glaze sauce. Stew about 10 minutes and serve this sauce with meats or vegetables, principally artichokes. Pass the sauce or serve with onion, according to taste.

Italian Sauce. — Toss with a spoonful oil 2 ozs raw cut mushrooms. When they are a little tossed, add 2 ozs cooked ham, well lean, and cut in very little dice, a cut shallot, and let it stew again 2 minutes. Water with 6 table-spoonful white wine. Reduce to half, then add 1 tea-cupful half-glaze, 1 spoonful tomato sauce, some cut parsley. Season and let it stew 5 or 6 minutes.

Roman Sauce. — Melt in not too coloured caramel two spoonful sugar in powder, without water; in a casserole put 6 table-spoonful vinegar and reduce until nearly the end. Then add $\frac{1}{2}$ pt. clearer half-glaze. Stew $\frac{1}{4}$ hour, then complete 7 or 8 minutes before serving, with 2 ozs Corinthian raisins, washed in hot water and 2 ozs pignolis or chopped and grilled almonds. Good accompaniment for ox-tongue or braised veal.

Sauce Matelote or Bourguignonne. — Reduce to half $\frac{7}{8}$ pt. good red wine, in which an eel or another fish is cooked, cut in fragments with shallots, onions, bunch of herbs, salt, pepper in grains and mushrooms-peels. Reduce and mix with a good piece butter, size of egg, mixed with a small spoonful of flour.

Strongly butter and let it boil. Strain the sauce and give colour to caramel.

For accompanying the eggs, add reduced wine with 2 or 3 cut shallots, bunch of herbs, and crushed pepper in grains. Terminate as for the Sauce Matelote, with mixed butter.

Devil sauce. — Brown in butter a spoonful cut shallots, water with two glasses of Cognac and reduce to half, slowly. Add some thick and tomated half-glaze. Stew a few minutes and put a pinch of cut chervil and season with cayenne and some Worcester sauce.

Turtle sauce. — Boil 6 table-spoonful Madeira with a pinch of "Turtle herbs" (marjoram, sage, rosemary and basil). Not use too much, principally not sage. Cover Madeira and make infusion during 1/4 hour on side of fire, without boiling. Then pass this infusion in 1 tea-cupful of half-glaze sauce, strongly tomated. Relieve seasoning with some Cayenne pepper.

Sauce Rouennaise. — Pass in butter two finely cut shallots. Add a glass of red Bordeaux wine reduced until nearly the end. Water with 1 tea-cupful half-glaze, add some cut parsley, then stew. At time of serving, add 2 or 3 raw duck livers, passed through the tammy. Season without letting the sauce boil again.

Tarragon sauce (Brown). — Boil 1/2 pt. white wine, add some tarragon branches, cover and put on side of fire. Make infusion during about 10 minutes. Pour 1/2 pt. half-glaze, reduce all to syrupous appearance. Season and pass through fine tammy. Serve hot with a pinch of fresh cut tarragon.

Sauce Colbert or Butter Colbert. — Mix 4 ozs fine butter somewhat soft, a table-spoonful glaze of melted meat, but cold, then add parsley, cut tarragon, lemon juice, salt and pepper.

Tomato sauce. — Here are two methods if fresh tomatoes or preserved tomato mash are used :

1° Brown in butter a gross onion and a finely minced carrot. Add a pinch parsley, thyme and bayleaf, then one minute later a gross spoonful flour. Then put in mixing 2 pounds fresh matured tomatoes, crushed without being cleaned, but remove sticks. Salt pepper and add 3 pieces sugar to avoid acidity. Cover and bake in oven, if possible, for 3/4 hour, stirring two or three times in order to prevent the tomato burning. Strain through very thin tammy. According to use of this sauce, it can be kept as it is, or cleared. Butter it.

2° When we possess only preserved tomato mash, make a little roux with butter, onions and flour. Add the preserved tomatoes (make it clearer with some stock, in case it is too concentrated). Slowly turn until ebullition. Cook 15 or 20 minutes and strain. Butter, season and give desired consistency.

Sauce Poivrade (for game). — Toss in some oil garnishings of game. Add a Mirepoix. When all is well brown, pour a madeira glassful vinegar and reduce until the end. Then water with 1/2 pt. half-glaze sauce and 6 table-spoonful Marinade. Add half a dozen grains of pepper, crushed, and slowly

cook during one hour, until garnishings of game have given their savour to the sauce. Remove the grease, strain and strongly season, then add a coffee-spoonful currant jelly. To terminate the sauce, deglaze with some Marinade the cooking of game and add this.

Sauce Salmis. — Brown with a spoonful olive oil, a grossly cut onion, put a chopped shallot, some crushed garlic, parsley, thyme and bay-leaf. Pass on the fire and water with half a glass of red wine (claret) and same quantity white wine. Reduce to $\frac{3}{4}$, add $\frac{1}{2}$ pt. half-glaze. Stew on side of fire and crush in mash carcass of game used. Mix this mash with the sauce. Give only one simmering and pass through Chinese tammy on the pieces of game (see Salmis of young Partridges).

Sauce Venaison. — Sauce Poivrade to which are added, apart from fire, 6 table-spoonful double fresh cream and a spoonful currant jelly. Served with venison, deer, wild boar, etc...

Sauce Grand-Veneur. — Clear Sauce Poivrade, to which are added at the end a few spoons of hare blood. Keep hot to ensure cooking of blood, but without letting it boil. Serve well seasoned. (Accompaniment for Saddle of Hare, or Venison).

Sauce Moscovite. — Sauce Poivrade with infusion of crushed grains of juniper (made in Madeira). Add grilled pignolis or chopped and grilled almonds. Corinthe raisins, well washed, can also be added.

Roe sauce. — Sauce Poivrade. Reduce with red capiteous wine, instead of vinegar. Season with Cayenne pepper and lightly sugar.

Gratin sauce à la Duxelles. — Sauce with fine herbs, 4 table-spoonful Duxelles of mushrooms and 2 spoonful tomato mash. Stew 5 minutes, pour this sauce on fish or meats. This sauce is only used to gratin a dish (see Duxelles, page 115).

White sauces

In current cookery, white sauces have a more important place than brown sauces. The latter have half-glaze sauce for basis, but the white sauces are generally obtained in the cooking of dishes, of which they are the accompaniment.

Two sauces are basis for all white sauce. They are the Sauce Velouté and the Sauce Béchamel, of which recipes follow :

Fond Blanc, called white stock. — Obtained with about 5 lbs veal knuckle or half gelatinous veal bones and half knuckle and 2 poultry abattis. Meat and bones are cut in small pieces, watered with cold water and dealt with as for the pot-au-feu. After skimming, garnish this stock with two

gross carrots, cut in quarters, two onions, two leeks, two cloves, a bunch of herbs, a pinch of salt and pepper grains. Cook very slowly during 4 hours and wring sauce through a cloth after removing grease. This is for houses with important cuisine.

Sauce Velouté. — Make a roux composed of 3 ozs butter and 2 ozs flour. Cook on small fire during 4 or 5 minutes, but without giving colour. When it begins to froth, water with 2 1/2 pts "fond blanc," turn the sauce with a whip until ebullition, then cook slowly during 1 hour, without stirring. This sauce must be well mixed and thicker than the half-glaze. When it is cooked, remove the grease and pass through chinese tammy and let it cool, stirring it from time to time in order to avoid that a skin comes on the surface. As use of this sauce is very frequent and its conservation can go for several days, principally in winter, some can be kept in advance. This sauce is never served as it is shown. It is the basis of a fair number of white sauces and is only mixed and finished at the time of using.

Flavour of fish (fumet). — This is only prepared when necessary, in using garnishings and carcasses of used fish. They are placed in a casserole, accompanied with one or two onions, rounds of a shallot, some pickings or sticks of mushrooms, some parsley, and grains of pepper. Water with a glass of good white wine and same quantity water. Lightly salt and cook about twenty minutes with rapid simmerings, then pass through Chinese tammy.

Sauce Béchamel (Richer white sauce). — Make a roux composed of 2 ozs butter and 2 ozs flour. Cook it some time, without giving colour and water with 1 3/4 pt. milk. Turn with the whip until ebullition, season with salt and pepper. Cook half an hour slowly, avoiding to burn, then strain it.

The Béchamel is not generally prepared in advance.

Sauce Mornay. — Make a Béchamel in which is mixed, when it is cooked and apart from fire, a proportionate quantity of rasped cheese, either Parmesan or Gruyère (about 2 ozs for 1 3/4 pt. sauce).

Nota. — When cheese is added to a sauce, do not work the mixture which would become elastic paste. Mix delicately with the spoon, never with the whip and do not let it boil. The sauce must be used at once.

Sauce à la crème. — This is a Béchamel, cleared with cream, well seasoned and reduced with the spatula. Strain and, instead of buttering it, mix apart from fire 2 ozs thick cream.

Sauce Aurore. — Sauce Béchamel, mixed with tomato sauce to give an orange-pink tint. Butter well, apart from fire. Is served with eggs, poultry, etc., etc...

Shrimp sauce or Joinville. — Very little salted Béchamel, to which is added a handful of cleaned pink or red shrimps, crushed with a piece of

butter. Simmer and pass through the "mousseline" in rubbing. Season with Cayenne pepper and colour with some carmine (this sauce must be pink and not red).

Sauce Nantua. — Same proceeding as for the previous sauce, but with crayfish. After having crushed the remnants with butter, pass this mash through very fine tammy, in order to obtain butter which has been coloured by the crayfish. Add this butter to the sauce which must not be strained. Season with Cayenne pepper and keep it a little more red than the shrimp sauce. Add flesh of crayfish tails.

Sauce Cardinal. — Same proceeding as for the sauce Nantua, replacing the shells of crayfish by the carapace of lobster. Keep sauce more red than sauce Nantua.

Rich sauce. — Sauce Cardinal, to which flesh of lobster and truffles, cut in very regular dice, are added.

Sauce Soubise. — White in salted water until nearly cooking 7 ozs minced onions, drop them and pass them in butter. Add $\frac{7}{8}$ pt. very thick Béchamel. Season, stew and tammy. Heat again, put butter or cream. Served with braised mutton, calf sweeth bread, etc...

Ivory sauce. — Prepare $\frac{7}{8}$ pt. very creamy Béchamel, reduce on quick fire, adding little by little $1\frac{1}{4}$ pt. of cooking of a well degreased poultry and this until that sauce naps well with wooden spoon. Stock of chicken, being reduced, gives to the sauce unglazed tint of ivory.

Sauce Mousseline (savoury) or Chantilly. — This is a sauce preparation of which worries the housewife. Put in a very little casserole three eggyolks, fine salt, white pepper, a hazel butter and half a coffee-spoonful of lemon juice. Place in bain-marie, with cold water, on small fire and turn quickly the yolks with the whip until consistency of thick cream. See that water of bain-marie is not too hot (take from fire when finger cannot be kept in water). When the yolks become cream, take casserole out of the bain-marie and add 5 ozs fine butter, divided in little pieces and always stir with a small whip. When butter begins to be incorporated, put the casserole again in bain-marie in order to keep warm, until time of serving, terminate in mixing with three table-spoonful whipped cream. This sauce is served, not very hot, with fish or vegetables, eggs, etc...

Sauce Hollandaise. — Reduce in a casserole a glassful vinegar with white ground pepper. When vinegar is nearly completely reduced, let the casserole get cold and add 3 eggyolks, a hazel butter and fine salt. Finish as for the sauce Mousseline, without the whipped cream.

Sauce Maltaise. — This is a Dutch sauce to which juice of one orange and zest of two are added, finely cut and whited two minutes in water, and dropped. Served with asparagus.

Sauce Béarnaise. — Reduce in a small casserole 3 table-spoonful vinegar with a shallot, chervil and tarragon, all cut, some crushed grains pepper. When vinegar is reduced until value of a coffee-spoonful, pass through Chinese tammy. In another casserole, in bain-marie, put 3 egg yolks, a hazel butter, salt and finish the sauce as for the Dutch sauce, adding on last minute a table-spoonful of chervil and tarragon, very finely cut. Served with grills, eggs, etc...

Sauce Foyot or sauce Valois. — Sauce Béarnaise completed with glaze of melted meat, giving a tint of with-and-coffee. Used with eggs, veal sweethbread, etc...

Sauce Choron. — Sauce Béarnaise, completed with thick tomato mash.

White sauce of house-keeper, called "Batarde." — The sauces Mous seline, Hollandaise, etc... are very good, but are not to be made and eaten every day. They are too rich and would fatigue stomach.

For a cauliflower, artichokes, fish with white sauce, we prepare a "sauce batarde."

Melt in a casserole 1 oz. butter. Mix apart from fire 1 table-spoonful flour, but without cooking this roux, water with 1/2 pt. hot water (not boiling), add salt and white pepper, and also two egg yolks. Stir all very quickly on fire with the whip until first simmering. Take sauce from fire and add desired quantity of butter, from 2 ozs to 7 ozs. There is no absolute weight. Terminate with lemon juice or vinegar (do not let it boil).

Caper sauce. — Dutch sauce, added with capers, or white sauce (as above) to which capers are also added.

Mustard sauce. — Sauce Batarde. Add in last minute, ordinary mustard, or in powder, deluted in cold water.

Anchovy sauce. — Sauce Batarde. Add 3 or 4 fillets of crushed anchovies, passed through the tammy or a coffee-spoonful of anchovy spirit.

Sauce Bercy. — Pass in butter without colouring a spoonful cut shallots, water with a glass of white wine and reduce until half. Add stock or water, salt, pepper, parsley and lemon juice. Render it thick in adding a good piece of butter mixed with a table-spoonful flour and give two or three simmerings. A very clear sauce will be obtained, which will be poured on raw fishes, soles, whittings, etc..., placed in a gratin plate and baked in hot oven with the sauce.

Sauce Suprême. — This sauce is prepared as for the Velouté, but in using exclusively chicken-broth. After cooking and skimming, mix it with two egg yolks per 1 3/4 pt. sauce and 4 ozs thick cream, proceeding on quick fire as it is said for the Blanquette of Veal (see the word).

Numerous are the well known cooks, who simply reduce the sauce Suprême, during a long time, adding much cream, but without mixing with the egg yolks. The sauce is then very white.

White Tarragon sauce. — Add to a sauce Suprême a fair quantity of cut tarragon, add also infusion of tarragon made with stock or white wine, whether that sauce is to accompany poultry or fish. Butter.

Sauce Villeroi. — Thick sauce Suprême. Strongly reduce with mixture of egg yolks, until there is sufficient to recover garnishings of the Villeroi.

Sauce Derby or Albufera. — Sauce Suprême, added with melted meat glazed, giving cream colour (*café au lait*). Used only with poultry.

Sauce Poulette. — Add some cooking of mushrooms to the sauce Velouté. Mix with egg yolks, sweet cream and complete with chopped parsley and lemon juice. For sheep's trotters, the real sauce Poulette is made as follows : put trotters in a pan, bathe them entirely with sweet cream and let them stew. Add cooked mushrooms, salt and pepper. At time of serving, mix 3 or 4 egg yolks with the cream and pour this mixture on sheep's trotters, kept apart from fire and let mixture enter thoroughly. Put a lemon juice, chopped parsley and serve immediately. No flour.

Sauce au vin blanc. — Is served with different kinds of fish. Poach the fish with about 1/4 pt. white wine and rounds of shallots. Reduce cooking until only one or two table-spoonful remain. Pour it on three egg yolks and some lemon and stir this sauce in *bain-marie* with the whip. When the yolks are well mixed, prepare the sauce with butter, such as the Dutch sauce.

Sauce Normande. — Special sauce to accompany "sole Normande". Water a golden roux with fish cooking (*fumet*). Add some oysters cooking which are used for garnishing and some cooking of mushrooms. Stew, mix on fire with two egg yolks and some cream. Tammy and butter. Sauce must be creamy.

Sauce Dieppoise. — Sauce Normande, but with some chopped parsley strewn upon.

Sauce Chivry. — Sauce Suprême or Dutch, whether it must accompany poached poultry or fish.

Add an infusion of tarragon, chervil watercress, chives made with 3 table-spoonful good white wine and reduced to half. Strain it and finish the sauce with a few spinages, chervil and tarragon cooked and strained through fine tammy to obtain a tender green colour.

Sauce Vénitienne. — Sauce Bâtarde. Add cooking of fish, reduced to glaze. Further, reduce in a casserole half a glassful vinegar and double quantity of white wine with two chopped shallots, tarragon and chervil. Put this strained mixture in the sauce and render it green as for the Sauce Chivry.

Sauce Hungarian. — Brown in butter a cut onion, water with white wine and reduce to half. Then add 1 tea-cupful sauce Velouté and a good pinch of paprika, which gives a lightly pink tint. Cook 10 minutes, strain and butter this sauce which is well seasoned and which accompanies eggs, white meats, fishes, etc...

Sauce Meurette (white). — Sauce Matelote made with white wine. Reduce to $\frac{2}{3}$ rds, then mix with a good piece butter, and stir with some flour. Take out on first simmering and season.

Curry sauce or Indian sauce. — When this sauce must accompany meat or fish, it is cooked with the dish and at the same time. But, it happens that it must be prepared apart to serve with eggs, crabs, little craw-fishes, etc... (see Chicken à la Créole, page 322). Brown in butter a gross chopped onion, powder with a gross spoonful flour and half a coffee-spoonful curry. Water immediatly with stock and boiling milk, salt (no pepper). Cook half an hour and strain. (In fact for the Indian sauce, it would be necessary to have milk of Coco nut. This can be made by infusing a good pinch of rasped Coco nut in boiling milk, or crushing the white of a piece of Coco nut with milk.) All dishes served with this sauce are accompanied with rice "à la Créole."

Sauce with white Butter. — This sauce is reputed in the Nantes cookery where it accompanies the Pike of the Loire.

Reduce 6 table-spoonful vinegar (or white wine) with a coffee-spoonful of grossly chopped shallots. When this is made, keep the shallot with a fork. Take a fair piece of very fine butter, wash it in cold water, mix until being soft and add salt and pepper. Put it in the casserole somewhat cold. Mix little by little, beating with the whip, until it is absolutely melted. This is sometimes made with a reduced Muscade wine.

Sauce Américaine. — Sauce of lobster "à l'Américaine" (see crustaceans) with which are also served the fillets of sole or other fishes.

Sauce New-Burg. — This is obtained with a lobster "à la New-Burg" (see crustaceans).

Egg sauce. — Mix two hard-boiled eggs, hashed in $\frac{1}{2}$ pt. Béchamel. Season with salt and pepper and chopped parsley. Served especially with cod (morue).

Cold sauces

There are two different categories :

- 1° The white or brown sauces based upon jelly and mixed with a roux;
- 2° The sauce with oil, such as Mayonnaise.

The sauce Chauffroid is the best known from the first.

If, to make a brown sauce a brown juice is necessary, to obtain a velouté a fond blanc aspic jelly is necessary to make a Chauffroid — which must be "kept" and not too clear when cold.

Gelatine is sometimes, unfortunately recommended, when only the principles contained in meat itself or in different materials used to make the "fond" should warrant by themselves the consistency of the sauce. Golden jelly can be obtained without much difficulty, as brown jelly, in following the instructions shown hereunder.

Golden Aspic jelly. — A jelly is a stock very full of gelatinous principles. When for a pot-au-feu, meat and gelatinous bones are used, the stock "gets consistency" by itself and becomes a very light jelly after cooling. For jelly preparation, parts of meat are then taken (leg, cheeck, etc...) and stock resulting from this cooking will give jelly.

To obtain 3 1/2 pts ordinary jelly (having no other colour than the one taken naturally by cooking), 2 lbs of gite (beef leg), 1 lb. veal leg, 1/2 lb. pork rinds and some bones of "crosse" (beef) are used. White the rinds, well remove the grease and also the veal trotter in putting them in cold water, on fire. Skim well and boil 5 minutes, then refresh and wash this meat and put it with remnants in a great casserole (strait if possible) with about 7 pts cold water. When boiling, skim and garnish as for a pot-au-feu, without turnips, but adding a pinch of grains of pepper, a good bunch of parsley and celery, with not too much thyme and bay-leaf. Cook from 4 to 5 hours, very slowly. If this jelly must accompany a poultry, after 3 hours cooking, abattis or carcass of chicken are added, or even whole chicken. Do not cover, cook slowly. Carefully remove the grease and strain. Let it get cold until the following day.

Brown Aspic jelly. — It is not difficult to render brown the above jelly, with some colouring drops, either caramel or special aromatics. But to make good cookery, as it is practised in this book, the method is as follows :

Toss the meat, cut in fragments (except veal trotter and rinds) and cut in rounds the vegetables, carrots and onions. Grill them well and water as said above. Season, add rinds and whited veal trotter. When all this boils, add garnishing, leek, etc., salt, pepper and if this jelly is to be served with game, put also some bones of this game or an old partridge, etc. Remove the grease after 4 to 5 hours and strain.

To clarify the jelly. — When jelly is made, it is not sufficiently clear and limpid, to give satisfaction to real epicures and to render dishes more appetizing. It is therefore necessary to clarify this jelly.

Being cold and "kept," the grease of jelly will be entirely removed, operation absolutely necessary to obtain perfect results. When jelly is made according to above principles, it must be ferm, so that no gelatine is necessary. In summer, it may happen that it cannot be "kept" sufficiently. In this case, 6 or 7 sheets of gelatine will be added when clarifying.

Put jelly in a casserole, to render it warm, but do not boil it. When use of gelatine is necessary, this must be added then, after having been rendered soft in cold water. Then beat in a pot 4 whites of eggs, some Cognac, 6 table-spoonful Madeira or Champagne, or white wine, etc..., a pinch of chopped chervil. Pour all on the jelly and beat on fire until ebullition. Put then on slow fire and cook slowly about 10 minutes, then strain through a cloth. Stock must be clear and limpid; if not, it must be clarified with other white of eggs.

Nota. — Some tarragon can be put instead of madeira, wine, etc.

Meagre jelly of fish. — Not very much used, it must however be mentioned in this book. It can be used to accompany fish during Lent or on fasting day, when religious prescriptions are observed.



Fig. 102. — On the top, from left to right : canapés niçois, canapés parisiens, canapés Joinville, small boats of tunny-fish, small boats strasbourgeoises (see chapter of cold hors-d'œuvre, page 117 and following).



Fig. 103. — Tomatoes "à la Beaulieu," tomatoes "à la Murcie," salad of red cabbage, tomatoes "à l'Antiboise," salad of tomatoes and rounds of onions (see chapter of hors-d'œuvre, page 117 and following).

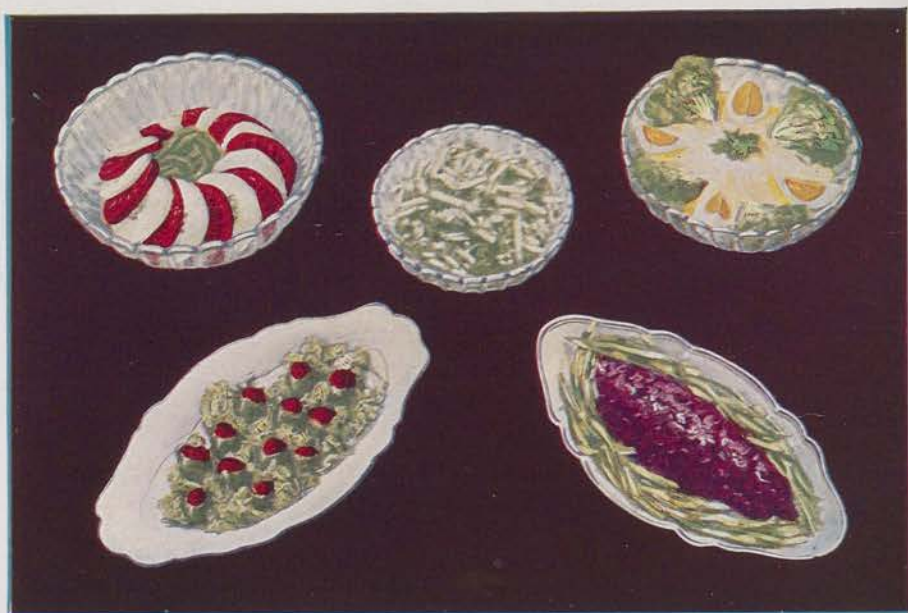


Fig. 104. — Algerian salad, salad of celery remoulade, fish or poultry salad, stuffed olives "à la Sicilienne," salad of red cabbage and green pimento-berries (see chapter of cold hors-d'œuvre, page 117 and following).

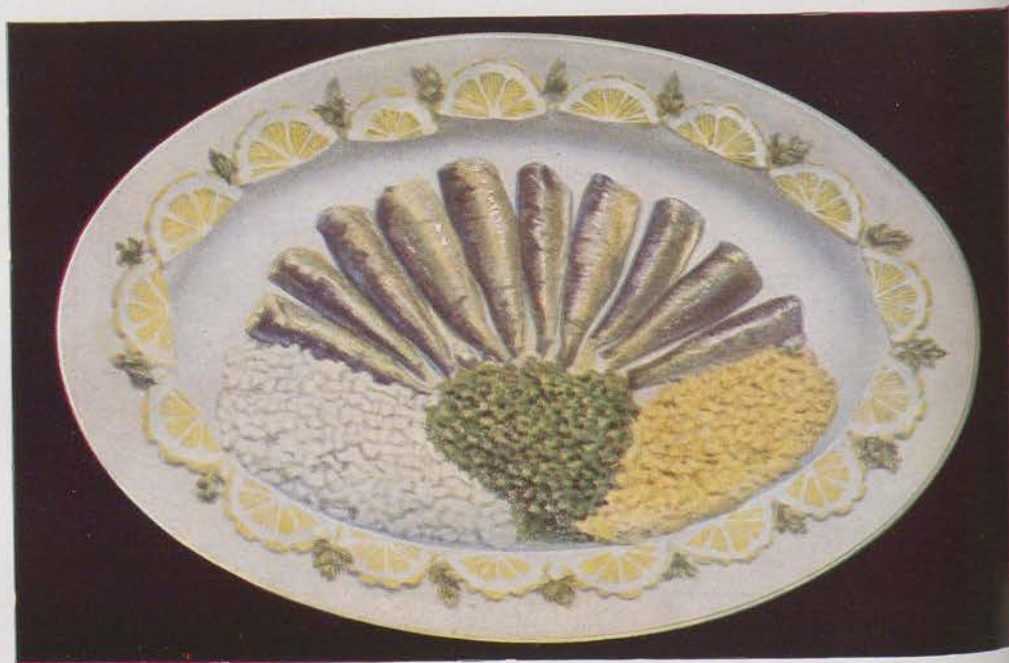


Fig. 105. — Sardines with oil prepared with art (see page 123).



Fig. 106. — Tunny-fish "à la Mirabeau."

Fig. 107. — Tomatoes "à l'Andalouse."

Fig. 108. — Herring fillets "à la Russe."

Fig. 109. — Tomatoes "à la Mousmée."

Fig. 110. — Tomatoes "à la Russe."

Fig. 111. — Eggs "à la Toulonnaise." (See chapter of hors-d'œuvre, page 117 and following.)



Fig. 112. — Tomatoes "à la Sévigné."

Fig. 114. — Cornets of smoked salmon.
(See chapter of hors-d'œuvre, page 117 and following).

Fig. 113. — Eggs "à la Riga."

Prepare a stock very full with fish, fish-bones, turbot's heads, etc... All fishes are not gelatinous — colin is very little gelatinous — and 3 pounds fish are necessary to obtain 1 3/4 pt. jelly. This will not be "kept" so well as meat jelly. This meagre jelly is generally added with white wine, fine herbs, tarragon. It is clarified as the other and if it is too clear, a drop of caramel can be added.

Here are the sauces made with these jellies :

Golden sauce Chauffroid. — Prepare a golden roux with about 1 1/2 oz. butter and 1 oz. flour, cooked until foamed. Water with 7/8 pt. poultry jelly, stir until ebullition and cook slowly 3/4 hour, skimming the sauce from time to time. Terminate as for the sauce *Suprême*, mixing with egg yolks and adding some cream, little by little. Then strain this sauce and let it get cold, stirring from time to time, to prevent formation of a skin on the surface. This can also be reduced with cream and without egg yolks.

Sauce Chauffroid "à la Vert-Pré." — Add to the above *Chauffroid* a mash of spinage, watercress, chervil and tarragon, cooked together during a few minutes in order that these vegetables keep their aroma and that sauce obtains a nice tender green colour. This mash can only be added when the sauce is cold; if added while cooling, it will lose its green colour and will become dull yellow.

Tomated sauce Chauffroid. — Golden sauce *Chauffroid*, not mixed. Add a few spoons of tomato mash, in order to give a pink tint. Season with paprika. It is served with fish, poultry, etc.

Brown sauce Chauffroid. — Proceed as for the half-glaze, but water the roux with brown jelly. Add some tomato mash and cook a long time, removing entirely the grease. Aromatize with madeira or port-wine and stir until cooling.

All these sauces must be well degreased, principally those to be used cold, as, being cold, the grease is on the surface and it is more visible than in warm sauce. Further it gives a troubled aspect to the sauce which must be brilliant.

Sauce Mayonnaise. — As for the Dutch sauce, this sauce, owing to its preparation, worries many cooks. Without reason, as it can be made easily and quickly, as follows :

Put in a basin 2 egg yolks, add salt, white pepper and a coffee-spoonful vinegar and stir quickly and strongly the sauce with a small whip, adding a good 1/2 pt. Olive oil, dropped at the beginning. When sauce begins to be mixed, oil can be added in greater quantity, stirring always with the whip.

The bad habit to make mayonnaise on glaze and with wood spoon turning minutely in same sense, is to be abandoned. The only way not to obtain a good mayonnaise is to use frozen oil. In winter, warm it lightly before using. When sauce is made, add 1 spoonful boiling water and it will not "curdle."

Good way to redress a curdled Mayonnaise. — It happens that a sauce curdles. This is a perfect recipe. Not necessary to add egg yolks. Put 1 spoonful "boiling water" in another plat and work with the whisk, dropping the sauce in water. It will be surely fixed.

Adherent sauce Mayonnaise. — Add to the ordinary sauce 1/4 oz. gelatine, melted in two spoonfuls water and mix it boiling in the Mayonnaise. This sauce is sometimes used to nap vegetables or meats which must be made in advance and on which the non adherent Mayonnaise (collée) would slide. This is used to mix salad of vegetables which must be moulded.

Do not forget that the gelatine should only be mixed with the sauce on time of using it, as it becomes hard and it would therefore be difficult to nap the dishes.

Green sauce. — Add to the Mayonnaise a mash of fine herbs obtained in whiting in salted water a mixture of chervil, tarragon, spinage and watercress, strained through fine tammy.

Sauce Rémoulade. — Mayonnaise with mustard. Two spoonful capers, gherkins, and fine herbs are added, all very finely chopped and well wringed in a cloth to extract the liquid which would render the sauce somewhat soft.

Sauce Tartare. — Same proceeding as for the Rémoulade. Make the Mayonnaise with two hard-boiled egg yolks and 2 raw egg yolks. Same fine herbs and garnishings as for the Rémoulade.

Cold sauce Chantilly. — Very thick Mayonnaise with lemon instead of vinegar. Add at last minute three spoonful whipped cream. Used for asparagus cold or lukewarm.

French dressing (sauce vinaigrette). — Mix together salt, pepper, fine herbs, oil and vinegar in proportions of a spoonful vinegar for 4 spoonfuls oil. Before serving, beat 5 minutes with a whisk or a fork, for mix ingthe lot with oil and vinegar.

Sauce Ravigote. — French dressing (Vinaigrette) with mustard and chopped fine herbs, shallots, onions and some capers.

Sauce Gribiche. — Strain three hard-boiled egg yolks through tammy, add mustard, salt and pepper, then mix all with a French dressing with oil and vinegar. Strew with fine herbs and chopped gherkins, and white of hard-boiled eggs, cut in fine fillets.

L'Ailloli. — Finely crush 6 garlicks, seasoned with salt and pepper. Add two egg yolks and drop in mixing about 1/2 pt. olive oil, and with from time to time some drops of lemon juice. Terminate in adding a coffee-spoonful of lukewarm water, to avoid that sauce falls or shifts.

English and foreign sauces (cold)

Cumberland sauce. — Put in boiling water two chopped shallots, zest of orange and 1 lemon cut in very fine Julienne. Simmer during 4 minutes and drop. Mix in the sauce-pan currants melted jelly, add also 4 spoonful red port-wine, 1/2 orange juice, some lemon juice or mustard, cayenne pepper and ginger powder. Mix all and serve.

Picadilly sauce. — Mix in very firm Mayonnaise, a few spoonfuls of eager cream, lemon juice, a pinch of cut feneel, leaves and some Worcester sauce.

Crawberries sauce. — The crawberries are fruits of a little tree. They are found in the important greengrocery shops.

Take 1 lb. crawberries. Pour in lightly sugared water and let them stew 10 minutes. This sauce must be lightly sugared, but remain acidulous. It is served cold, with roasted Turkey hen or game.

Horse-radish sauce "à l'Anglaise." — Put in a basin 3 spoonfuls of rasped horse-radish, 1 spoonful mustard, 2 spoonful vinegar, 1 spoonful sugar powder, 1/2 pt. cream and gross as the hand of bread crumb, put in milk. Salt, season and add some Worcester sauce and whip all.

Bread sauce. — Cook 20 minutes 2 ozs bread crumbs with about 1/2 pt. milk and a small onion, garnished with clove. Strongly salt and pepper. Remove the onion and give a good stirring with the whisk in order to obtain a pap. Put a cupful cream and serve with roasted game.

Russian sauce "à la Smitane." — Cut some onion and toss in golden butter. Water with a glass white wine and reduce to 3/4 th. Add also three coffee-cupful of eager cream (smitane), cook again 5 minutes and season with ground pepper and lemon juice.

Savoury butters

Butter for the Snails. — 1/2 lb. butter, 2 crushed garlies, chopped parsley, 2 ozs bread crumbs, salt, pepper. Mix all. Bread can be omitted, it has only role of economy.

Montpellier butter. — White a handful watercress, spinage and fine herbs, together with two chopped shallots. Drop, refresh, crush and add two gherkins, capers and four anchovy fillets. Make a mash, add 2 hard-boiled egg yolks, 2 raw egg yolks and 7 ozs fine butter. Add little by little 6 table-spoonful oil and strain all through fine tammy. Well season and keep in a cool place. Used as garnishing for cold fishes.

Anchovy butter. — Crush 4 anchovies and mix with 4 ozs butter. Strain through tammy.

Shrimp butter. — Replace anchovies by 2 ozs pink shrimps or simply picklings.

Butter Maître d'Hôtel (parsley butter). — Mix 4 ozs soft butter, 1/2 a lemon juice, salt, pepper and chopped parsley.

Colbert butter. — Add to the Butter Maître-d'Hôtel a gross spoonful of melted meat glaze.

Butter Bercy. — Reduce to half 1/2 cupful white wine and two chopped shallots. Add a few spoonful beef marrow, cooked in water and cut in small dice, then a good piece butter. Put salt, pepper and lemon juice. Must be like a pomade. To serve with grilled porterhouse steak.

Crayfish or Lobster butter. — Clean 12 cooked crayfishes and crush very finely all the carapaces. Add 5 ozs butter, some carmine and strain through fine tammy.

Butter of Crawfishes. — Same proceeding as above.

Tarragon butter. — Pound a good quantity of tarragon leaves, previously white (1 minute in boiling water), drop them, wring and mix with soft butter. Strain through very fine tammy.

Mustard butter. — Mix a table-spoonful mustard with salt, and a ground pepper with 4 to 5 ozs soft butter.

Butter of pistachio, almonds, hazel-nuts. — Pound one or the other of these fruits with butter and strain through fine tammy.

Marinades and pickles

Game is not only marinated, but also parts of meat. Game is principally marinated in order to render the flesh tender and give it a special taste.

However, except for the wild boar, reindeer, red deer, etc., it may be asked whether it is necessary to denature by marinade, natural taste of game.

The roe-deer will be kept in a cool place, sprinkled with oil and this during 3 or 4 days, and it will be more appreciated by epicures than when marinated.

Raw marinade. — Put in a basin the meat for marinating. Dispose thereon carrots, rounds of onions and shallots, all in very good proportion, a pinch of crush grains of pepper, some juniper grains, 1 or 2 cloves, parsley, thyme, bay-leaf (non joined).

Lightly salt and water with a bottle of white wine, a big glassful vinegar and sprinkle on the meat a few spoonfuls oil, in order to avoid that part of meat, not bathing, becomes black. Put it in a cool place and return the meat several times. Let it marinate 24 hours for small meat (cuttlefish, etc.) and 2 or 3 days for gross meat, according to their volume (leg of roe-deer, wild boar, etc.).

Cooked marinade. — Same garnishings as for the above recipe, but cook vegetables with white wine and vinegar, increasing a little the proportions, as evaporation is produced during the cooking.

If a marinated meat is immediately required, pour the cooked boiling marinade on the meat (if this one is very fresh) and in this way legs of roe-deer, perfectly marinated, will be obtained in 24 hours and for small meats, in 4 or 5 hours. Mutton legs or cuttlefish are also marinated and they are presented under the name of "Legs or cuttlefish in roe-deer" (*en chevreuil*).

Marinade for small game meats. — For simple cuttlefish or hazels of roe-deer, buck, young wild boar, pieces of meat will be placed in a basin (not in white iron), sprinkle thereon some marinade vegetables, then 6 table-spoonful vinegar and same quantity white wine, pour the oil and leave this during 24 hours, returning twice. Meats can also be recovered with a lemon juice, sprinkle crushed pepper and pour copiously the oil. Marinades with red wines are prepared for beef or mutton and also for the hare to have a jugged hare.

For pickling beef tongue. — Boil 7 pts water with 4 lbs grey salt, 4 ozs salpêtre, 5 ozs sugar, pinch of pepper and juniper grains, thyme and bay-leaf. Not add parsley which would render the pickle sour. Let this mixture get cold and plunge a raw fresh egg which must float. In case the egg would go to the bottom, some salt would be added to bring the egg again on the surface. Prick and beat the tongue to keep off the air contained in the flesh, rub it strongly with mixture composed of 1/2 lb. fine salt and 1/2 oz. salpêtre and prick strongly on all its surface. Lay very cold, pickle on the tongues which must be very fresh and well prepared. Lay them in pickle from 8 to 9 days, according to their size.

Dry pickle. — Tongues can also be salted, without liquid. Preparation is the same : i.e. prick and beat strongly. Roll them in 7 ozs fine salt, mixed with 2 ozs sugar and 1/2 oz. salpêtre. Place them in a wooden, cement or grit bucket. On the bottom, place first a couch of grey salt melted with salpêtre; then recover entirely the tongues with grey salt (1 oz. to 1 1/2 oz. salpêtre per 2 lbs grey salt). Recover them with a well closed board. After some days, they bathe in the liquid which will be obtained. 6 days are necessary for tongues half-salted and 11 to 12 days for tongues "*à l'écarlate*." Lay them 24 hours in current water or, at least, frequently change water, before cooking them (see ox tongues).

Forcemeats and different garnishes

There are different sorts of stuffings. First, the quenelles (either with veal, poultry, game or fish). Then the fine stuffings to fill some poultry or fishes or which are presented under the form of foam, bread, zephyr.

There are also the stuffings with pork meat, entering in the pastry, galantine, or gratin stuffing which is different in its preparation as well as in its use.

To make quenelles, it is necessary to prepare first a panada with milk. This is a sort of paste which was made in the past and actually is sometimes made with bread and milk, recalling a little the panada soup. In a general way, this is made with flour. It is simpler, lighter and finer.

Panada with milk. — As proportions, we will suppose to want 9 to 10 $1\frac{1}{2}$ ozs ordinary quenelles, i. e. about 30 of them having the size of forefinger. Make a panada with $\frac{1}{4}$ pt. milk, salt and nut of butter. When milk is boiling, add 2 ozs flour and mix with spatula. This must give a thick paste, if not, add some more flour. Render this paste dry, in stirring two minutes on fire and place it on a plate to get it entirely cold.

Panada with eggs. — Mix altogether in a casserole 3 ozs flour, an egg, salt, pepper, rasped nutmeg, 1 tea-cupful milk and 3 spoonful melted butter. Cook as for a paste "à choux," stirring with the spatula until thickness. Let it get cold, this panada is used for stuffings and fish pastry.

Stuffing for quenelles with panada. — Crush 5 $1\frac{1}{2}$ ozs noix of veal or white of chicken, well degreased and denerved, net weight represented by two collops. When meat is in a perfect mash, season with salt, pepper and very little spices. Then mix with 3 ozs panada. Continue to pound and put 2 ozs soft butter. When all is well mixed, add 1 full egg and egg yolk, a spoonful thick cream, and pass this stuffing through iron tammy. Well work in a basin with the spatula and poach a little piece in boiling water to make sure of its consistency. If this is not the case, add an egg yolk. Keep this stuffing in a cool place, until used.

Stuffing for fish quenelles. — Same proceeding and same proportions, but use flesh of fish. Use if possible fish with firm flesh, pike principally. Colin cannot be so well prepared and much more eggs are wanted.

Stuffing for fish pastry. — For 10 persons, pound 5 $1\frac{1}{2}$ ozs. Pike flesh, carefully cleaned, with salt, pepper, nutmeg, spices; then mix with 5 $1\frac{1}{2}$ ozs panada with eggs. Add a full egg, strain through tammy and work with spatula.

With this stuffing, during Lent, pastry and galantines are prepared with salmon. Raw pieces of salmon are placed between layer of stuffings. Stuffing can also be made with salmon, but this is more expensive actually.

Stuffing "Mousseline." (Meat or fish). — Delicious as well for quenelles than for any other use. It is specially reserved to stuff poultry or fish.

For stuffing a fat pullet or to make a foam for eight persons, pound

9 ozs raw flesh, veal for instance, with salt, pepper and spices. When all is well crushed, not before, mix with two natural whites of eggs. Strain this mash through the tammy, place it in a casserole, which will be placed in crushed ice. Work strongly with spatula and introduce 9 ozs fresh thick cream, with a spoonful, at once. It is expressly recommended not to make this mixture too rapidly.

Place this stuffing in a small buttered mould, put in bain-marie. It is delicate, but it can be "kept"; on the contrary add white of eggs.

Stuffing zephyr. — Stuffing "Mousseline." Add further 4 ozs whipped cream. This stuffing is cooked in small buttered moulds and in bain-marie, to be napped with sauce. Zephyrs with fish, poultry, ham, game, etc., can be made. This is a fine cookery.

Pork stuffing for pastry or galantine. — This stuffing is generally bought, well made, at pork-butcher shop. For its preparation at home, it is necessary to have an hash-machine to obtain very fine stuffing, not so thick as for sausages. It is composed with pork, meagre or fat for pastry and with pork, veal and fat bacon for poultry galantines and games.

1° For pastry : hash 1 lb. fresh well meagre pork, shoulder or neck, 1 lb., fresh fat bacon (non salted).

Pass two or three times in hash-machine and terminate through tammy;

2° For chicken galantine : Same proceeding, but using 10 1/2 ozs meager flesh of pork, 10 1/2 ozs well meagre veal and 1 lb. 10 ozs fat bacon. Take some flesh of treated "pilons" of chicken; but this flesh will not be put in the galantine as too nervous.

It is necessary that stuffing of galantine is finer than the one of pastry.

3° For game galantine : Add some flesh of game or blood, or even crushed liver.

Seasoning for these stuffings is of 2 tea-spoonful; fine salt per pound.

Stuffing for "Pâté de foie gras à la Strasbourgeoise." — Proportions for pastry containing a goose liver about 1 lb. 3 ozs : fresh well meagre pork, 10 1/2 ozs white veal liver : 10 1/2 ozs; fat fresh bacon : 1 lb. 5 ozs; thyme, bay-leaf, parsley, spices, salt and pepper. Cut in gross dice the bacon and lay it in a pan very warm, to become hard, but not too melted. Keep with skimmer and put in a great plate; lay pork and veal liver also cut, in this grease and toss 4 to 5 minutes on fire. Then add seasoning. Turn on the fire and get it cold. Hash to make a very fine stuffing, strained through tammy. Truffles can be added or not (see Pâté de Strasbourg, page 415).

Gratin stuffing. — To stuff game or to put on canapés. Is prepared as follows : 5 ozs fat fresh bacon, 9 ozs liver (poultry, game or veal), 1 coffee-spoonful shallot, parsley, thyme and bay-leaf. Cut very finely the fat bacon, melt it in a pan and when it is very hot and nearly entirely melted, add minced livers to be "taken" in quick fire, without rendering their juice. Add seasonings. Toss again 2 minutes, crush, grease included and strain through tammy. Keep in a fresh place in a plate recovered with oiled paper.

This stuffing is very delicious and is ready to be eaten, as it is cooked. Livers of poultry or game are better than veal livers.

How to make quenelles

Quenelles are made in different methods, with the hand, with the forcing-bag (*à la poche*) or also moulded with a spoon. In using this last proceeding, they can be stuffed inside.

To make quenelles with the hand. — Powder the plank with flour, separate stuffing with a coffee-spoon and make small balls having about 1/2 oz. roll them under the hand, putting some flour in order that the quenelles must not be adherent. Give form of small sausages, unless it is desired that they are round. Poach them 8 to 10 minutes in boiling water. (See illustration, page 22.)

To make quenelles with forcing-bag. — Lightly butter bottom of a fireproof basin. Put stuffing in forcing bag with a round fancy-pipe and lay this stuffing in long forms, the ones on side of the others. Pour thereon boiling water, in order they bathe. Salt and poach without boiling, 8 to 10 minutes. Drop them.

Quenelles for soup. — They are made with forcing-bag, with a very small fancy-pipe, giving movements from fore to back, in order to have a ribbed form (*cannelé*). They are called, for this reason, caterpillar quenelles. Pour also boiling water thereon and poach 3 minutes.

Quenelles of various tints can be made in colouring stuffing with green or carmine (see Stock "*à la d'Orléans*," page 78).

To make quenelles with spoon. — According to use of quenelles, they are made with the table-spoon, sweet-spoon or coffee-spoon.

It is necessary to have : a buttered pan, a small pan containing boiling water and then two spoons. Plunge a spoon in boiling water and copiously fill the other with stuffing. Then with a knife render this stuffing smooth on the spoon, make it convex. Take the other spoon of boiling water and slide the stuffing thereon. Pour this quenelle which has appearance of an egg in the buttered pan and continue in this way, putting the spoon in boiling water. Then pour boiling water on the quenelles and let them poach (without boiling) 10 to 12 minutes for the gross, 6 to 8 minutes for normal and 5 minutes for the small. (See illustration, page 22.)

Decorated quenelles for garnish. — These quenelles can be moulded, either in boat or tartlets moulds. Copiously butter the moulds and give decoration with truffles, then fill properly with stuffing. Plunge all (moulds included) in salted boiling water to poach as for other quenelles. They will separate themselves and float.

Garnishes for different dishes

Under the name of "appareils" or "salpicon," garnishes for different dishes are designed and they are grouped hereunder to avoid repetitions.

Mirepoix. — This name is given to a garnishing of vegetables and aromates which are tossed and are served to relieve taste of sauces or other dishes. It is prepared in putting in a pan 2 spoonful red of carrots minced in small dice, a spoonful chopped onion, 2 chopped shallots, a pinch of parsley, a piece of bayleaf, a small branch of thyme and 2 ozs raw ham. Some garlic can be added. Toss slowly in butter during 7 to 8 minutes.

La Matignon. — Same as for the Mirepoix, but adding some raw cut ham (4 ozs). Then stew all in butter, water with some madeira, reduced until nearly dried. The Matignon is cut in fillets as for a Julienne.

La Montglas. — Cut in Julienne 4 ozs red tongue, 4 ozs cooked mushrooms and 2 ozs truffles cooked with madeira. Mix with about 1/ pt. half-glaze adjoined with madeira, used for truffles cooking, and reduce until some thick consistency. Season and let it get cold before using. Instead of mixing the Montglas with half-glaze, a mash of goose-liver can be used.

The fondue of tomatoes or Portuguese. — Toss in butter 4 ozs chopped onions, after add 1 pound cleaned and wringed tomatoes with some crushed garlic. Cook all slowly and stir with spatula until complete reduction of all liquid.

The fat Duxelle. — Composed of raw mushrooms, very finely chopped. After wringing in a cloth to extract water, pass through butter with 2 spoonful onions and a finely chopped shallot for a quantity of 4 ozs mushrooms. When they begin to toss, add 2 ozs cooked ham, meagre, hashed, then 2 spoonful thick tomato mash, salt and pepper. Stew some minutes and put in a bowl with oiled paper thereon.

Meagre Duxelle. — Same preparation but not using ham.

Sarasin Kache for coulibiac. — Pour in rain 1 lb. buckwheat or wheat semolina in 1 1/2 pt. stock or even salted water. Stir until obtaining thick paste, salt, pepper and pour in a great and narrow casserole. Cover and put in warm oven during a good hour. This is a sort of pastry which will be easily demoulded, of which inside is only used for the coulibiac (see pastry).

The socles in our actual cuisine

In the past, preparation of dishes — since the illustrious Carême until and including Urbain Dubois and Emile Bernard — was neos from architecture. Dishes were prepared in which principal thing was recovered with accessories and decorations. This was a great time for cuisine : Socles in grease, or in rice, flowers or vegetables in wax triumphed everywhere.

For several reasons, this mode is abandoned. It does not meet with our actual requirements. We are more parcimonious and more "to the point." Actually dishes are more simply prepared.

Without coming back to olden times, certain dishes have the need of a socle, especially cold dishes which must receive a garnishing, which on the same plan would recover it in whole or in part.

These socles are made with very ordinary rice. Wash during a long time about 1 lb. 10 ozs rice. White it first, wash again and cook with not so much water during $\frac{3}{4}$ hour, very slowly; it must be absolutely dry and hard. Crush or pass to hash-machine and work with the hand such as for a paste on a watered-table.

Then give the desired form with the hands. For a long fish give the form of a boat. For poultry, give form of heart and for other dishes a simple "galette" is sufficient. These socles must have a thickness of 2 to 3 inches in order to keep easily the principal piece from the garnishings. These socles can also have the form of a fan. In order not to become black, keep them in a watered cloth. The socles can be disguised with a tin-paper.

We repeat that such socles cannot be too much used, only for cold dishes. (See illustrations of our nice dishes.)

HORS-D'ŒUVRE

Nothing is able of giving more appetite than a dish of hors-d'œuvre, very well prepared. These savouries have actually a rôle which must not be overlooked. They have an economical rôle, as in our time, expenses are not too heavy to prepare these savouries.

Hors-d'œuvre are : salads, small canapés variously garnished, some vegetables prepared in an original manner, or simply well prepared remnants.

They are not very expensive and they are agreeable to everybody.

They are eaten exclusively in dinners, only exceptionnaly in suppers.

Oysters. — The best oysters are : English natives, Belons, green and white Marennes, the Ostendes and the Cancalaises. The Portuguese, when they are fresh, are very good. 6 oysters are served per person, for a dinner.

Frozen oysters. — Oysters are usually opened on last moment, and they are presented accompanied with lemon quarters. Serve with a sauce with vinegar.

To present them well, crush and reduce in snow a piece of ice. Put it in a plate and lay oysters. This will be made at the last minute, as oysters would enter in the melted snow.

Put on a small dish lemon quarters and in sauce-pan two finely cut shallots, half a cup-ful vinegar, some pepper. Serve with thin buttered slices of bread, as for boiled eggs. Black bread is preferable.

Sea-urchins. — Open see-urchins with scissors, taking the top, in the middle (opening of about 1 inch). Wash them (as they contain sand) and serve with a small spoon. Lemon juice or pepper can be added. They can be served with sippets of buttered bread, as for boiled eggs.

Clams and different shells. — Are open and gobbled as they are, but it happens that they contain some sand. It is therefore better to open them in advance and to wash them. These shells are never served for guests. The same applies for the sea-urchins.

Periwinkles. — They are small see-snails, cooked as mussels with some pepper, cut onion and half a glassful white wine. They are served cold with little forks for snails, with only one nib.

Caviare. — Is served "au naturel," placed in a dish of glass or porcelain, put on crushed ice. Caviare is accompanied with brown bread and half a lemon. Is served also on canapés (see Chapter of canapés).

Kilkis or Norvege anchovies. — Are sold prepared in the trade. They are served as they are with some marinade, and some fresh butter.

The spratts. — Smoked sardines. Choose them fat and clean them by putting them in boiling water. Place them on a dish after cutting the head. Strongly season, add some white wine and let them marinate some hours before serving, with fresh butter.

Smoked salmon. — Smoked salmon is bought cut in very thin slices. Cut these slices in triangle, roll them to constitute cup and introduce in each a small branch of parsley. Place on a round plate, like a wheel and put a little round of butter at the opening of each salmon-cup or a piece of hard-boiled egg. (See illustration, page 106.)

Anchovies "à la Nimoise." — Separate in sense of length oiled anchovies fillets, and put them in square, in a dish.

Recover with oil and add half slices of salted and vinegared beetroots. Sprinkle yolk of hard-boiled eggs on the anchovies.

Anchovies "à la Toulonnaise." — Put in center of a dish some salad of warm potatoes. Surround with some rounds of white hard-boiled egg. Place a fillet of anchovy, rolled with an olive.

Nota. — In order to obtain rounds of white egg, butter one or several moulds "à babas." Fill them with white of egg and cook in bain-marie, in oven as to obtain the creams "renversées." Let it get cold, before cutting them.

Smelts or sand-eels. — Cover with flour and let them colour in warm oil. Place in an earthenware dish. Boil half a glassful white wine with 1/4 vinegar, 3 shallots, salt, ground pepper, chopped parsley. Cook 5 minutes, then mix a spoonful mustard. Pour on the fish, give some simmerings and serve them glazed.

Marinated fresh herrings. — Small fresh herrings, cleaned and placed in a dish, pour a cooked marinade composed of 1 tea-cupful white wine, a madeira-glassful vinegar, some thin rounds of carrots, onions, shallots, pepper grains and parsley, thyme and bay-leaf. Pour the boiling marinade and let it poach about 10 minutes, without ebullition. Let it get cold and serve.

Herrings fillets "à la Russe." — Herrings fillets already prepared, are sold at grocers, or fish-stores. But epicures prefer to take them on the herrings. In this case, put them in boiling water to keep out the skin.

Cut in small regular dice 1/2 lb. tender and sour apples (Reinettes), add

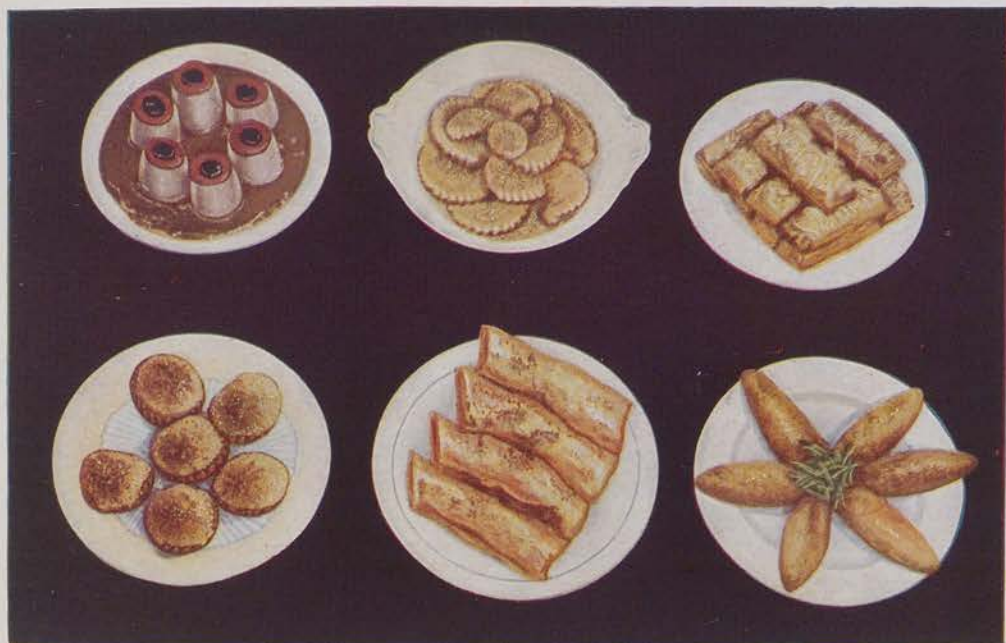


Fig. 115. — Timbales Agnès Sorel. Gnocchis "à la Romaine." Matches with parmesan cheese. Croustades of gnocchis "à la Parisienne." Pannequets "à la Mornay." Small boats "Chevreuse." (See warm hors-d'œuvre, page 133 and following and pages 423 and following).

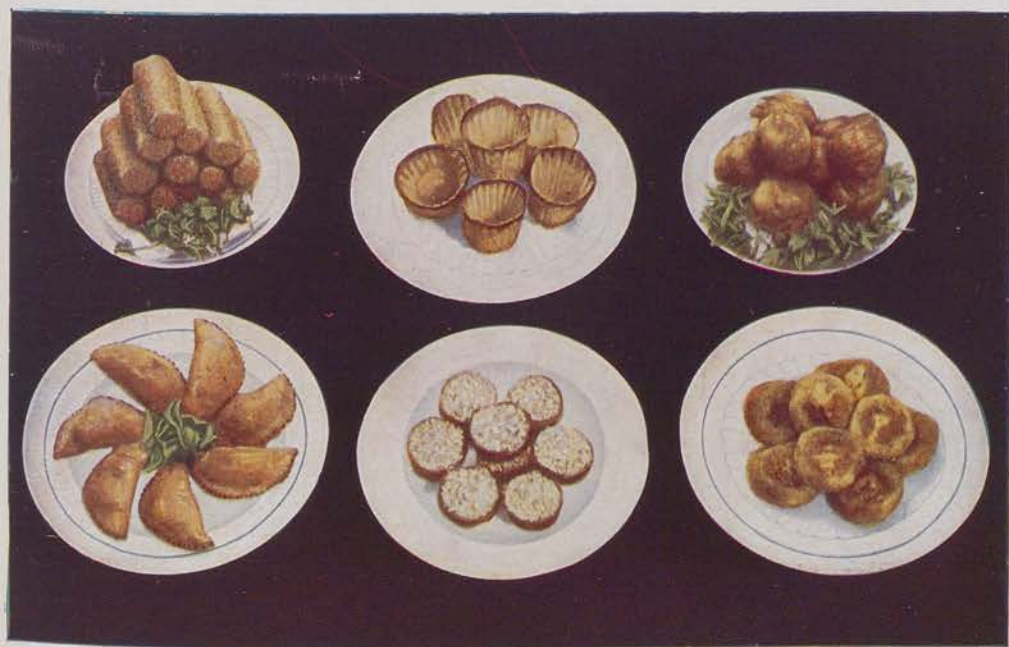


Fig. 116. — Poultry croquettes. Délices of Manon. Cromesquis "à la Polonaise." Poultry rissoles: Chester cake. Fishball. (See above).



Fig. 117. — Matches with anchovies (see page 135). Fig. 118. — Small hot pastries (see page 134)



Fig. 119. — Garnished bouchées (see page 134).



Fig. 120. — Poultry cutlets. Scallops "à la Duchesse." Skewered poultry liver. Pomponnettes Lucette. (See page 425 and following).



Fig. 121. — Glazed eggs "à la Carmen" (see page 165).

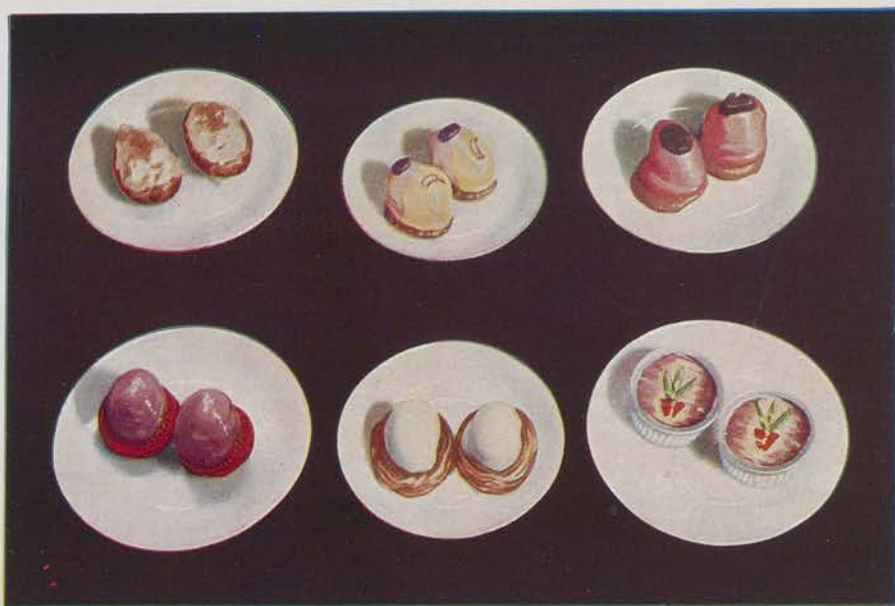


Fig. 122. — Eggs à la Suzette, Tout Paris, Cardinal, Bayard, Duchesse, with tarragon jelly (see eggs).



Fig. 123. — Poached eggs "à la Grand-Duc" (see page 144).

a coffee-spoonful chopped onions. Place these apples in one or two dishes and add herrings fillets, in quarters. Sprinkle with a madeira-glassful white wine, some pepper and 2 or 3 spoons olive oil. This dish is absolutely delicious.

The roll-mopps. — Take salted herrings, not smoked and put them during half a day in cold milk to remove the salt and to render them soft. Then take the fillets, place some mustard upon and very finely chopped onion and roll them. Place them so rolled in a plate and pour a boiling court-bouillon, composed of vinegar, onions, shallots, parsley, thyme, bay-leaf, cloves and white pepper in grains. All well cooked, recover fillets of herrings with their milt and bathe all in marinade. Let it get cold, crush one or two milts 1 coffee-spoonful mustard and mix with vinegar of fillets. Add, if wished, a glassful oil and let it marinate 5 or 6 days before serving.

Marinated mackerels. — Same proceeding, in using very small mackerels very fresh and having a firm flesh.

Small red gurnets "à l'Orientale." — Clean, wash, wipe very small red gurnets. Toss them in boiling oil. Place them on a fireproof dish. Melt in oil 1 lb. cleaned and cut tomatoes for 8 or 10 red gurnets, add some garlic and chopped parsley, half a glassful white wine, salt, pepper and a pinch saffron. Bake them some minutes in oven. Place them in a plate with their cooking and serve them glazed (Tomatoes, according wish).

Sardines with oil. — Instead of servings simply sardines in the box or in a dish, dispose them as a fan, garnish with white and yolk of hard-boiled eggs, all separately hashed. Some slices of lemon. (See illustration, page 104.)

Sardines "à la Rovigo." — Ordinary sardines with oil, served with a cold tomato sauce, very seasoned (preferable to use fresh tomatoes) and aromatized with a pinch sage. Sprinkle on the sardines one or two green pimento in Julienne and chopped white of hard-boiled egg.

Mussels "à la Fécampoise." — Cook big mussels, take them out of their shell and keep the hard membrane surrounding them. Prepare a salad of celeriac with oil, vinegar and fine herbs. Place it in a plate, cover with mussels and pour some light Mayonnaise, cleared with reduced cooking of mussels. No much salt. Chopped fine herbs upon.

Mussels "à la Francillon." — Cook in white wine about 4 pts nice mussels, well cleaned and washed. Keep them out of their shell and let them get cold. Reduce the cooking; prepare a Mayonnaise not too much salted, mustard, mix with cooking of mussels. Place on a dish with a crown of boiled potatoes.

Cream of tunny fish "à la Mirabeau." — Prepare a cream of tunny fish and well butter. Place it in dôme in a plate and place upon about 15 round olives. Put on borders half-rounds of raw firm tomatoes. (See illustration, page 105.)

Crawfish "à la Parisienne." — Garnish bottom of a plate with some lettuce leaves. Recover with pieces of crawfish or lobster. Nap with a good mayonnaise, well seasoned and garnish the top with quarters of hard-boiled eggs and heart of lettuce, separated in four parts.

Remnants of fish can be prepared in this manner, i. e. : salmon, turbot, colin, etc...

Canapés

These are small croûtes of bread, fried in oil or in butter. They are very small.

Numerous canapés are recovered with aromatized butter (see Butters chapter).

Canapé with anchovies. — Cut rectangular slices of bread having $1\frac{2}{3}$ inch large and about 3 inches length and thickness : $\frac{1}{2}$ inch. Fry them in boiling oil. Put some anchovy butter on the canapés, when cold and on borders some white of hard-boiled eggs on one side, on the other side egg yolk, and some chopped parsley at both ends. On the middle of the canapé, place in X two small anchovies filets. (See illustration, page 103.)

Canapés Niçois. — Same canapés, as above, but round. Anchovy butter, place in middle a small bouquet of dropped tomatoes and in center an olive (See illustration, page 103.)

Canapés Joinville. — With shrimp butter, cover round canapés, fried in butter and not in oil. Roll all in chopped yolk of hard-boiled egg. Six tails of shrimps, placed in rosace with a very little shell of butter, in middle. (See illustration, page 103.)

Canapés "à l'Ostendaise." — Fry in butter round canapés. Cover with mustard butter and fine salt. Place in middle a nice poached oyster, cold and put in a mustard mayonnaise. Surround with yolks of hard-boiled eggs.

Canapés of caviare or "à la Russe." — Round canapés, not grilled nor fried; cover with good fresh butter, lightly salt and place some caviare with lemon juice. $\frac{1}{4}$ slice of cleaned lemon on each. Black bread will be preferred.

Canapés Parisiens. — Round canapés, fried in butter, cover with mayonnaise, a pinch of watercress, some chopped egg yolks. (See illustration, page 103.)

Canapés with cheese. — Rectangular canapés, fried in butter. Melt Gruyère cheese with one or 2 spoonful thick Béchamel and place this mixture on the canapés. Bake in very warm oven to gratin. Served cold or warm.

Salads

Very delicious hors-d'œuvre are prepared with salads of meat, fish and vegetables.

The preparation is very varied and according to taste. For instance : salad of eggs in half a tomato or salad of tomatoes in a hollowed cucumber, etc...

Salad of tomatoes. — Select mature tomatoes of middle size. Clean, cut them in very thin slices and keep the pips and water. Place them well in a dish, sprinkle with a prepared vinaigrette. Some parsley, chopped chervil and rounds of onions. Not put too much put vinegar. (See illustration, page 103.)

Nota. — Pass tomatoes in boiling water in order to keep the skin easily.

Cucumber salad. — Green cucumbers are those taken for a salad, the yellow being only reserved to be stuffed and cooked for garnishing. Clean and separate in two parts the cucumber, empty all its interior part, mince it finely and place them with salt during 30 minutes.

Cucumber can be powdered with fine salt or wiped during one hour, minced in salted water with grey salt. Press it in a cloth and season with pepper, oil, vinegar and fine herbs.

Potatoes salad. — In order that salad be good, potatoes are to be cooked "en robe de chambre" (unpeeled), then cleaned, cut in rounds and seasoned warm with oil, vinegar and fine herbs. A glassful warm water will be added, as the vinegar renders a warm potato somewhat dry.

Beetroots salad. — Boil beetroots in salted water during one good hour, then put them in warm oven until they are tender. Clean them well cold and cut them in fine slices, season with a vinaigrette. Sprinkle at last minute chopped white of hard-boiled egg.

Salad of red cabbage. — Clean a red cabbage, retire the gross sticks of the leaves, cut cabbage as for tobacco, powder with fine salt and sprinkle with vinegar. Put them in a plate, cover and let them get tender during one hour at warm drying-stove. Drop them and let them cold and season with a vinaigrette. This salad can be surrounded with minced pimento-berries. (See illustration, page 103.)

Celeriac salad "en Rémoulade." — Cut in very fine Julienne a celeriac, let it get tender in boiling in order to keep its strong taste. Drop it and mix it with a light mayonnaise, added with mustard and fine herbs. Season 1 or 2 hours in advance. (See illustration, page 104.)

Nota. — We state to pass celeriac in boiling water as in a general way it is not very finely cut. In the restaurants, where it is cut like tobacco, celeriac is never passed in boiling water and this is better.

Salad of white celery. — Separate the branches, not using the green. Wash them and carefully brush. Cut them in pieces of 1 2/3 inch length and mince them as fine as possible, in sense of length. Macerate during one or two hours in a remoulade. Add fine herbs. Well wipe the celery and mix it to the sauce.

Muzzle beef salad. — Cook muzzle or beef palate, as for veal's head. Mince it finely and season with oil and vinegar, parsley and chopped onions. Gelatinous parts of a meat, cooked in pot-au-feu, can also be added.

Beef salad. — When we have remnants of pot-au-feu, mince it in small slices and season as for a salad adding some gherkins, onions and fine herbs or even tomatoes and pimento-berries, etc. In this manner, the "bouilli" will be eaten with pleasure.

Cauliflower salad. — Season with vinaigrette some remnant of cauliflower, cooked in water, surround the dish with a border of tomatoes or green beans. Sprinkle on the cauliflower some chopped egg yolk.

All vegetables, even dried, can be prepared in salad : lentils, beans, etc., spinach included.

Algerian salad. — Slices of tomatoes, cucumber, and a small salad of green beans. (See illustration, page 104.)

Fish or chicken salad. — Remnants of fish or cleaned chicken, napped with a mayonnaise and garnished with lettuce heart and hard-boiled eggs. (See illustration, page 104.)

Garnished tomatoes (stuffed)

Tomatoes "à l'Antiboise." — Nothing is more delicious than this mixture composed of tomatoes and oiled tunny-fish. Choice tomatoes having size of gross nut, well firm and mature. Hollow them and season with salt, pepper, vinegar one hour before. Remove the water contained in them. Crush with a fork some oiled tunny-fish, mixed with a good piece fine butter, salt, pepper and lemon juice, 1 or 2 spoonful mayonnaise. The mash must be very creamy, very finely crushed and seasoned. Fill tomatoes and place them on a dish, garnished with parsley. (See illustration, page 103.)

Tomatoes "à la Beaulieu." — Same preparation as above, recover with cream of tunny-fish and per half chopped whites and yolks of eggs, a black olive on the top. (See illustration, page 103.)

Tomatoes "à la Russe." — Garnish the tomatoes with a salad russe and a slice of egg on each. Serve on parsley. (See illustration, page 105.)

Tomatoes "à la Murcie." — Half emptied tomatoes, full with cucumber salad with fine herbs, finely cut and disposed with taste as shown by illustration page 103.

Tomatoes "à l'Andalouse." — Cook in boiling water from 16 to 17 minutes 4 ozs rice, drop it, season with a light Mayonnaise, very seasoned and mustard-ed. Mix with some Spain pimento-berries, emptied of their grains, lightly grilled and finely minced. Add one or two spoonful Spain chopped onions, melted in oil without being coloured. Garnish tomatoes with cold rice and place on parsley. (See illustration, page 105.)

Tomatoes "à la Sévigné." — Cut in small dice remnants of cooked poultry, some mushrooms, truffles and mix this hash with very seasoned mayonnaise. Hollow very little and firm tomatoes, season, drop them during half an hour, fill them with this hash and nap with mayonnaise. Garnish the top with light garnishes of green pimento-berries. Place on parsley. These tomatoes can be served as garnishing of cold meat. (See illustration, page 106.)

Tomatoes "à la Mousmé." — Normal mature tomatoes. Hollow them and prepare as above. Full them with a pinch of very light celeriac salad "à la rémoulade" and upon small crosnes of Japan, cleaned, not entirely cooked in lemonned water and season then as a salad. Place on parsley or lettuce leaves. Can be served as garnishing of meat. (See illustration, page 105.)

Tomatoes "à la Parisienne." — Hollow small tomatoes, season and garnish with a small hash of crawfish or lobster or some tails of young crawfish (langoustine), cut in dice and mix with one or 2 spoonful seasoned mayonnaise. Place on each tomato a small leaf of lettuce's heart.

Spring tomatoes (fantaisy). — Make a mash of fresh tomatoes, mix with some Chauffroid and render it adherent with three leaves of gelatine, melted with some jelly; well season and let it get cold. Add some spoons of half whipped cream and some drops carmine. Fill with this tomato jelly, some moulds for tomatoes, in white iron and place them on ice. When tomato is "taken," empty inside of moulds and put a small macédoine of vegetables, mixed with mayonnaise. Same proceeding as for the tomato and place all on jelly. This will constitute a nice garnish for cold dishes.

Cucumber "à la Danoise." — Cut thick slices of $\frac{2}{3}$ inch. Hollow, season with salt and pepper and vinegar. Let them render their water during 2 hours. Wipe them and fill with a mash composed of cooked salmon with 2 ozs fine butter, 2 spoonful double cream, put on the top some thin slices of smoked salmon of about 1 inch large. Place on a plate.

Olives

Olives, green or black, as bought in trade are a little salted. They should therefore be steeped before serving them "nature."

Green olives are long and bear name of Lucques (Italy department), where they are generally picked. In Spain, gross round and green olives are picked and they are called "Olives à la reine." They are a little too great for hors-d'œuvre and they are used to garnish cold dishes.

Green olives are those picked before their maturity and black olives are picked very matured and following a certain preparation become the "Picholines."

For stuffing olives : Take a round and gross olive. Stone it and operate with the apple-corer.

Olives "à la Sicillienne." — Prepare a tomato mash and red pimento and mix with two sheets of gelatine, melted in bain-marie. When this is made, fill with the forcing-bag and a small fancy pipe, nice stoned olives. This stuffing must be well red, in order to have an agreeable hors-d'œuvre for the view. They can constitute also a garnishing for cold meat. They can be stuffed with shrimp mash. (See illustration, page 104.)

Olives "à la Joinville." — Garnish olives with butter Joinville. Place on parsley. They are used also to garnish cold fish.

Black olives, called Picholines. — Are served in a dish, with their marinade.

Vegetables "à la Grecque"

Artichokes "à la Grecque." — Choice very small artichokes (when they are a little big, cut them in quarters). Put in a casserole with half a glassful white wine and one glassful stock, 10 small onions, a pinch of grains of pepper, some salt, and bay-leaf. Pour half a glassful oil and cook on quick fire during 40 to 45 minutes. When artichokes are cooked, let them get cold and serve with sauce, onions and pepper.

Leeks "à la Grecque." — Take only the white of leeks, cut them in fragments of about 3 inches. White them three minutes in water and cook "à la grecque" as stated for the artichokes.

Celery "à la Grecque." — Same proceeding as for the leeks. Take only the white heart of celery, cut in quarters.

Fennel "à la Grecque." — Plant pertaining to the umbelliferous family, possessing scientific name of aneth. Very well known in South France, but not so much in North.

Cut in quarters one or 3 plants of fennel, deal as for celery, white them 10 minutes and add some lemon to the cooking.

Gourillos "à la Grecque" or "à la Niçoise."—This is a very economical hors-d'œuvre. Keep cores of chicories. Clean this well and wash. Take about ten cores, white them strongly in salted water and refresh. Cook them "à la grecque" adding 1/2 lb. fresh tomatoes, cleaned and cut in quarters. Place on a dish and serve them glazed.

Melon. — This is a very appreciated hors-d'œuvre. The more reputate melon is the Cantaloup.

The melon is served cut in slices and as fresh as possible, even glazed. It is presented with aperient wines.

Melon with port-wine. — Cut at the place of the stick a round in the flesh of melon, and keep the grains contained therein. Then pour a glassful port-wine, madeira, xérès, etc..., place again the round and put melon on crushed ice during about 2 hours.

Pearls of melon with port-wine. — Glaze the melon, separate it in two parts. Remove the grains and with a spoon make small balls of flesh which fall in a glass placed on ice; bathe them with port-wine and serve in small glasses together with small silver spoons.

This is a fantaisie to serve for well-treated dinners.

Sweet Spain pimento. — Separate in two parts green pimento-berries, recover them with oil and grill them. Remove the skin when cold. Season with salt, oil and vinegar. When they are big serve them well grilled and fill inside with green beans salad or tomatoes.

Pink radishes. — Rub a little the radishes, cut in half the leaves and accompany with butter and salt.

Black radishes. — The black radish is hard and has a strong taste. It is agreeable to eat when cleaned and cut in thin slices. Season it two hours before with oil and vinegar, as for an ordinary salad.

Mushrooms or marinated cepes. — Choose them well small and firm, cut them in quarters, white in water about 5 minutes, then pour a mustarded vinaigrette, lightly added with mayonnaise. 24 hours marinade before serving.

Pimented mushrooms. — Choose heads of mushrooms, very white, clean them and brush them with a piece of lemon. Cut them in thin slices, put them in a dish and season with a sauce made with lemon juice, salt, Cayenne pepper, oil and some mustard. These mushrooms are raw.

Spinage "à la Madrilène." — In Spain, mushrooms are served in hors-d'œuvre. Cook them, refresh, crush them in hand and hash them or strain in a mash, season with salt, pepper, oil and vinegar, as for a salad. Place in dôme in a dish and decorate them with slices or halves of hard-boiled eggs.

Hors-d'œuvre of eggs

Hard-boiled eggs Mayonnaise. — Cut in thin slices the eggs with the "coupe-œufs" or in halves with the knife. Place them on a Mayonnaise or recover them with this sauce.

Hard-boiled eggs, Vinaigrette. — Same proceeding, replacing the Mayonnaise by a good Vinaigrette, added with chopped fine herbs.

Stuffed eggs Vert-Pré. — Separate the eggs in two parts, crush the yolk with some butter, salt, pepper and one or two spoonful Mayonnaise, render this mash a little green in mixing some spinage, chervil, watercress and tarragon, all cooked in water and strained through fine tammy. Garnish copiously the eggs, nap them with green sauce and put on a dish.

Stuffed eggs Strasbourgeoise. — Mix some cooked goose liver with mash of egg yolks to garnish the white, some truffle upon and separate each half in three parts and place them on jelly.

Stuffed eggs Macédoine. — Garnish the white with salad macédoine of vegetables, mixed with mayonnaise and sprinkle upon the chopped egg yolk.

These eggs can be stuffed with tunny-fish, remnants of game or poultry, either in hash or in mash, tomato salad, etc...

Eggs "à la Toulonnaise." — Cut in sense of their length hard-boiled eggs. Place them on a dish, in dôme, nap copiously with Mayonnaise and dispose on each small slices of anchovy fillets. (See illustration, page 105.)

Eggs "à la Riga." — Small hard-boiled eggs, cut a little the two ends, remove from one side the yolk, avoiding to destroy the white. Fill them with fine tomato salad with tarragon. Place on a dish on a clear mayonnaise and circle them with two fine anchovy fillets (imitation of a small barrel), place a caper to imagine the hollow (bonde). (See illustration, page 106.)

Can be served as garnishing for cold fish.

Nota. — With the yolks, it is possible to make the "gâteaux sablés vendéens."

Eggs of Peewit. — These eggs are very much appreciated by epicures. Cook them 6 minutes as for hard-boiled eggs, then let them get cold to be served as they are, or with parsley, or with chopped jelly and mayonnaise.

Croustades, tartelettes or cassolettes

These are a certain presentation of hors-d'œuvre prepared in fine pastry, having the model of tartelettes, cassolettes and others, but all very small.

Carolines with goose liver. — Prepare very small éclairs in choux pastry, in order that cooked they have the size of a ginger. Bake them in very warm oven. Open them and fill them with goose liver cream, truffled or not. Nape with golden Chauffroid or with cream, or serve them as they are.

Cassolettes Strasbourgeoises. — Prepare in advance very small barquettes of puff-paste, cook them and when cold fill in dôme with a buttered mash of goose liver, seasoned with paprika, garnish with truffle. (See illustration, page 103.)

Cassolettes with tunny-fish. — Garnish croûtes with cream of oiled tunny-fish and place on the top three small anchovy fillets. (See illustration, page 103.)

Rillettes de Tours. — Cut in gross dice 1 lb. fresh pork, half-meagre, half-fat and 1 lb. goose chest. Put this meat in a casserole with water and cover until $\frac{3}{4}$ th salt, pepper, a bunch of herbs, savory, two leaves of sage. Cook slowly covered during 3 hours in order that meat is like a pap. Pour all in a great plate, carefully remove bones and bunch of herbs and crush all with the fork. Let it get cold and mix it well and place this in small pots. Can be kept for a long time in a cool place.

The Poutargue. — This is an oriental dish. Sausage of mullet or tunny-fish. Cut this in very thin slices and place on a dish, recover with lemon juice and oil.

The sandwiches

Sandwiches consist of two slices of bread or a small bread, cut in two parts, covered with butter, aromatized or not, and accompanied with ham, meat, cheese, vegetables, etc...

Sandwiches with ham. — This is the ordinary sandwich. Butter bread with mustarded butter, put a thin slice of ham between the two slices (they must have $1\frac{1}{4}$ inch on 3 inches).

Sandwiches with caviare. — Cover bread with lightly salted butter. Put caviare on one slice, recover with lemon juice and put upon this the other slice.

Sandwiches with lettuce. — Cover with tarragon butter. Recover bread with lettuce leaves, lightly salt.

Tomato sandwiches. — Cover with horse-radish butter. Put nice slices of cleaned tomatoes. They have a triangular form.

Crayfish sandwiches. — Cover with crayfish butter. Put tails of hashed crayfish. Serve on small rectangle. (Crayfish can be replaced by shrimps, small crawfish, etc.).

Salmon sandwiches. — Salted butter. Recover with very thin slices of smoked or fresh salmon. Cut in a triangular form.

Anchovy sandwiches. — Butter with anchovy butter. Put anchovy fillets upon the bread, sprinkle some chopped hard-boiled egg. Cut in small rectangle. These sandwiches can be prepared with sardine butter and a sardine can be put on the bread.

Sandwiches with tunny-fish. — Roe butter. Recover with oiled tunny-fish and make rectangles.

Red tongue sandwiches. — Watercress butter. Recover with thin slices of red tongue. Cut in rectangles.

Poultry sandwiches. — Mustard or horse-radish butter. Recover with cooked poultry, either in hash or in collops. Cut in rectangles.

Game sandwiches. — Almonds butter. Cover with chopped game or in thin slices. Give a triangular form.

Veal sandwiches. — Horse-radish butter covered with thin slices of cold veal. Cut in rectangles.

Sandwiches with mortadelle or salami. — Tarragon butter. Thin and light slices of mortadelle or salami. Give a triangular form.

Sandwiches with hard-boiled eggs. — Montpellier or watercress butter. Slices of chopped hard-boiled eggs, cut parsley. Cut in small quarters.

Sandwiches with rillettes. — Do not butter the bread. Put a couch of rilette, render it well adherent. Cut in rectangles.

Sandwiches with Olga cream. — Wring the eggs (yolks of hard-boiled eggs) through a tammy, mix the mash with butter, salt, pepper and 2 spoonful oil. Cover the bread and sprinkle upon some chopped white of eggs. Cut in rectangles.

Goose liver sandwiches. — Cover with butter of grilled hazels. Put thin slices of goose liver and cut in triangles.

Sandwiches with pimento-berries. — Watercress butter. Grill the pimento-berries, clean them, empty them and sprinkle them on buttered bread. Cover with oil and cut in rectangles.

Radish sandwiches. — Cut pink sandwiches in rounds, powder them with salt and put butter on the bread, cover with radishes.

Sandwiches with Gruyère, Chester cheese, etc. — Cover the bread with mustarded butter. Recover with thin slices of cheese. Cut in triangles.

Various sandwiches. — Sandwiches can be prepared with jams, with chestnut, honey, grilled almonds, candied fruits, etc., etc. in using gingerbread.

When prepared with black bread or rye bread, they please very much and can be kept very fresh.

Nota. — When sandwiches are prepared some hours in advance, it is necessary to keep them recovered with a serviette in order to remain well fresh. On the contrary, bread would become hard.

All sandwiches can also be prepared with small breads of special form (see Pastry chapter).

Warm hors-d'œuvre or small entrees

These small light dishes have an important place on the menus, either after the soup for replacing the fish or as first dish, after the hors-d'œuvre. They cannot constitute a double use with latter, principally under the condition that they have not the same preparation.

This is the reason why brochettes of oysters cannot be presented after oysters or canapés à l'Ostendaise.

Bouchées à la Reine. — Prepare a puff-paste of 1/2 inch large, cut with the punching-press rounds of 2 1/3 inch diameter. Place them on an iron-sheet, watered with cold water, glaze it and make a small cutting to show the place of cover. Pick the paste with three points of knife and cook in warm oven during 15 to 18 minutes, in surveying the cooking. These croûtes must be well dried when removed from oven. Keep the cover, carefully remove the paste which would eventually not be cooked and garnish the bouchées with remnant of poultry, mixed with mushrooms and truffles and add a sauce made with Chicken-broth. (See illustration, page 120.)

Oyster bouchées. — Cut with the oval punching-press. Garnished with poached oysters, mixed with mushrooms and a very lightly salted Béchamel, season with pepper.

Shrimps or Joinville bouchées. — Round or oval bouchées, garnished with shrimp tails mixed with some mushrooms. Mix with a well buttered shrimp sauce and add Cayenne pepper. (See illustration, page 120.)

Hunter bouchées. — Oval bouchées, garnished with an hash of game remnants, mushrooms and truffles mixed with madeira sauce.

Bouchées "à la Montglas." — Round bouchées garnished with mushrooms, red tongue, ham and truffles cut in small fillets, and mixed with a spoonful mash of goose liver and some madeira sauce.

Bouchées Quatre-Temps. — Oval bouchées, garnished with remnants of fish, mushrooms, mussels, shrimps, all mixed with meagre sauce, either Béchamel or shrimp sauce, etc.

Bouchées "à la Nantua." — Oval bouchées, garnished with crayfish tails, mushrooms and truffles and mixed with sauce Nantua.

Nota. — Name of bouchées with various garnishings is unlimited: remnants of meat, sweetbread of veal, brains, fish, vegetables mash, scrambled eggs, gnocchis, etc.

Small hot Savouries. — These small croûtes are garnished either with stuffing of pork, quenelles, fish, cheese, etc.

Prepare a puff-paste, thinner than for bouchées à la reine, but with same diameter and cut this with punching-press; 24 pieces are necessary for obtaining 12 croûtes. Wet them a little and put a ball of stuffing, well seasoned. Fine herbs, truffles, mushrooms, pistachio, etc., would facultatively be added. Place the paste cover and attach it well.

Then glaze the egg and pick the small croûtes with a knife. Bake from 10 to 12 minutes in very hot oven, and serve on a serviette. (See illustration page 120.)

Fan with Parmesan cheese. — Make same paste as above, with 5 ozs flour, 4 ozs fine butter, 4 ozs rasped Parmesan cheese, one egg yolk and half a cupful cream. Mix lightly the paste and let it lie during some hours. Roll it and cut in rounds of 4 or 5 inches diameter, which are cut in quarters to have the fan form. Pose on the sheet-iron, glaze and sprinkle some cheese upon. Bake 8 minutes in very hot oven. Serve cold or warm.

Anges à cheval. — Let poach nice gross oysters in their water. Sponge and let them get cold. Recover them with a thin slice of Bacon and spit and grill them. Place them on small toasts and powder with fried bread scrums and Cayenne pepper.

Coulubiaks, small Russian croûtes. — They can be made with puff-paste, but in a general way the paste for brioche is used, without sugar. Between two sheets of paste, place some semolina (cooked as stated for the great Coulubiak, see page 419) and in which are mixed some remnant of cooked salmon and a chopped hard-boiled egg. Glaze and bake in hot oven during about 12 minutes.

Allumettes with Parmesan cheese. — Puff-paste powered with rasped Parmesan cheese and a pinch of Cayenne pepper. Prepare some slices of about 3 inches large and 1/4 inch thickness, glaze with egg and sprinkle upon some rasped cheese. Cut paste in slices of 1 inch large, place them on a

sheet iron and bake from 6 to 8 minutes in a very hot oven. Serve on serviette. (Parmesan can be replaced by Gruyère cheese.) (See illustration, page 119.)

Meltings with Chester cheese. — Mix 4 ozs rasped Chester with half a cupful thick Béchamel, mixed with egg yolk, well season with Cayenne pepper and cold. Spread the paste and procede as for the anchovy allumettes replacing latter with some Chester cream. Roll paste to recover cheese, cut and bake in hot oven. Serve this very hot.

Anchovy Allumettes. — Make a strip of 3 inches large and 1 2/3 inch thickness. Take some oiled anchovy fillets and mix them with a certain quantity of chopped hard-boiled egg and also some chopped parsley. Place an anchovy fillet on the paste borders. Recover, wet the paste and attach it well. Give on one side form of fish tails and on the other side form of a bevil. Place on sheet-iron, solden with egg, make lines on the top with a knife and bake in hot oven. (Anchovies can be replaced with sardines, etc.) (See illustration, page 120.)

Cannelons with hard-boiled eggs. — Make cornets with remnant of puff-paste. After cooking, garnish them with a stew of cut hard-boiled eggs, finely mixed with a Béchamel. They can be garnished with various hash, spinages, scrambled eggs, etc...

Small croûtes with "Jus". — Make croustades or brioches with remnants of puff-paste. Bake them. Make also some rounds to have the cover, glaze these covers, make lines on the top and bake them 5 minutes in very hot oven. Garnish these croûtes with a stew of quenelles, mushrooms, brains, veal sweetbread, truffles, all this cut in dice and mixed with a Madeira sauce or a good seasoned juice. Place the cover and serve very warm on a serviette.

Sacristains with cheese. — Roll twice again some remnants of puff-paste, powdering with rasped cheese and a pinch of Cayenne pepper, then render it thin in making strips of about 3 inches large and cut it in pieces large as a finger. Keep the two ends and turn this strip. Put them on a sheet-iron and let them get adherent. Bake them in very hot oven from 6 to 7 minutes. Serve warm on a serviette, as for the allumettes with cheese.

Bonne Bouche Jurassienne. — Roll the paste and make 3 galettes of 2 inches diameter; place one on the watered sheet-iron, wet this and place upon the second galette of which the middle has been cut with the punching-press. Garnish entirely this hole with some very thick Béchamel mixed with cheesed egg yolk, seasoned and cold. Wet entirely the paste and recover with the third round of Galette which will be well attached to the other. Glaze with egg, pick with the knife and bake 10 minutes in very hot oven. Serve this very warm.

Small boats of goose liver. — The small boats are made with remnants of puff-paste in great boat moulds, cooked dried. Strain some cooked goose liver and mix it on fire with some white sauce. Season and keep it moderately warm. Garnish the small boats in *dôme* and nap with a spoonful of somewhat thick "velouté."

Chester cake. — Put on table 5 ozs flour, 3 ozs butter, 3 ozs rasped Chester cheese, a pinch salt and Cayenne pepper, two egg yolks and mix all. Roll this paste and cut it in small round galettes of 2 inches diameter and somewhat thin. Bake them in hot oven after they are glazed. Place them one on the other and put between them some Chester cream. A Chester cream is obtained in mixing half a cupful of thick and boiling Béchamel with one egg yolk, 2 ozs Chester cheese, some butter, salt and Cayenne pepper. Serve this very warm as for a *hors-d'œuvre*, after the soup or as for savory after the ice. (See illustration, page 119).

Galettes with Parmesan cheese. — Proceed as for the Chester galette, replacing the latter with Parmesan cheese, and putting 4 ozs butter instead of 3 ozs, the Parmesan is a dry cheese whereas the Chester is very rich.

Tartines Marquise. — Cut rounds of bread crumb of $2\frac{1}{3}$ inches large and $\frac{2}{3}$ inch thickness. Recover with a thick Béchamel prepared with 2 egg yolks for $\frac{1}{2}$ pt. and 4 ozs rasped cheese. This sauce must be thick and mixed with the yolks.

Plunge these tartines in the boiling frying and let them fry until they become crusty. Serve on a serviette.

Welsh-Rarebit. — Grill some slices of bread crumb having $\frac{1}{2}$ inch thickness and butter them. Melt in a small casserole 5 ozs Chester cheese with 4 or 5 spoonful Pale-Ale, mixing on side of the fire. Add a pinch of mustard, Cayenne pepper and when all is melted and creamy, place this on toasts and serve this very hot, cut in two parts or four. If oven is very hot and red, these garnished toasts can be baked in order to gratin, or even under the gas flame.

Diablotins "à la Normande." — Melt $1\frac{1}{2}$ oz. butter, mix with a great spoonful flour and one of rice cream, water with a tea-cupful milk, salt, pepper and let it boil, in mixing. This must be thick. Add 2 ozs fat Camembert, remove its croûte and cut it in dice. When all cheese is melted, pour this mixture on a buttered and floured sheet-iron and give the thickness of $\frac{3}{4}$ inch. Let it get cold. Cut in pieces cover with bread crumbs and in eggs and operate this twice. Fry at the last minute in boiling frying. Season the mixture with Cayenne pepper.

Beurreck "à la Turquie." — In Turkey, this dish is prepared with a cheese called : twarogue. We will replace this with Gruyère cheese.

Prepare $\frac{1}{2}$ pint thick Béchamel. Season and let it get lukewarm. Mix with 5 ozs Gruyère, cut in small dice. Prepare the paste as being gross as

"reine-claude" plum. Roll them in flour and give form of small cigars. Spread some nouilles paste in very thin strips and large as the hand and water them. Place a piece of cheese paste on border and roll it in the nouilles paste; attach it well at the two ends. Recover with bread crumbs and put them in beaten egg mixed with oil and then in white crushed bread crumb. Cook in boiling frying and serve them very warm on a serviette.

Note of Author. — The preparation is not exactly the same in Turkey but we have altered this as it is preferable to make the beurrecks in this way, as original recipe. A great habit and dexterity is necessary for preparation of the latter.

Raviolis with spinage. — Make a nouilles paste, let it stand and spread it, very thin in two regular quarters. Water one of these and place with the forcing-bagsome piles of spinage mash mixed with rasped cheese and one or 2 egg yolks. Place the second block of paste and cut the raviolis in small quarters. Lay them in salted boiling water and let them poach 25 to 30 minutes, without boiling. Drop them and let them stew in a good tomated juice. Add also a good handful rasped cheese and gratin in a plate. (See illustration, page 429.)

Quiche à la Lorraine. — This is a regional dish prepared as sugared dish, or with bacon or cheese and even the two. We will give recipe of this last preparation.

Put in a mould some puff-paste. Place on the bottom some thin slices of grilled bacon or of good smoked bacon. Put some slices of Gruyère cheese. Then add cream composed with three full salted and peppered eggs, well beaten with the fork and three tea-cupfuls raw fresh milk, not creamed. Put the quiche in very hot oven in order that it is "taken" and after moderate the fire for terminate cooking; this during about 25 minutes.

Serve immediatly as it is puffed. Quiche can be prepared only with bacon or only with cheese, but in increasing a little quantity of bacon or cheese.

Tartlets Marion Delorme. — Garnish tartlets moulds with remnants of puff-paste or split-paste. Pick the bottom and garnish with following mixture. Crush and strain through tammy remnants of cooked poultry, either boiled or roasted, strain also 4 ozs raw mushrooms through fine tammy. Cook the mushrooms mash with some butter and lemon juice and mix with poultry mash and some Béchamel to have a cream somewhat thick; season and when boiling mix, apart from fire, three egg yolks for the proportion of 12 tartlets. Bake immediatly in hot oven and serve this very warm on a serviette.

Swiss tartlets. — Prepare 12 tartlets with remnants of puff-paste. Make a tea-cupful of thick and seasoned Béchamel. When boiling, add, apart from fire, 2 full eggs, two "petits suisses" and 2 ozs rasped cheese. Fill until $\frac{1}{3}$ inch. of tartlets borders and bake 10 minutes in very hot oven. Serve this "puffed".

Tartlets "à la Milanaise." — Cook in advance and dried tartlets croûtes, either in timbale or puff-paste. Fill them, at last minute, with garnishing of fine macaroni "à la Milanaise," lightly madeired, add a salpicon of ham, red tongue, truffles and mushrooms. Terminate with rasped cheese. Proportions for 12 tartlets: 4 ozs macaroni, 2 ozs red tongue, 2 ozs mushrooms and 2 ozs Gruyère cheese.

Cardinal croustades. — Same croustades garnished with salpicon of small crawfish, cooked at "court-bouillon," mixed with Béchamel added with some Crawfish butter and some drops carmine. Remnants of lobster or crawfish will be suitable.

Fish-Ball. — Prepare a mash of potatoes, mix in equal quantity mash of cooked fish, or hashed or crushed (remnants of turbot, colin or even cod). Add some chopped onions, cooked in butter, one or two eggs and some pepper (no salt if cod is used). When all is well mixed, make some dull balls, roll them in flour and fry them at last minute. Dress on a serviette accompanied with melted butter or cream sauce. (See illustration, page 119.)

Brochettes "à la Suisse." — Cut small collops of raw smoked ham of 2½ inches diameter. Grill in a pan with butter. Cut smaller pieces of Gruyère of 1/2 inch and make the brochettes. Recover with bread-crumb "à l'anglaise." Make this operation twice and fry them in very boiling frying. Serve them very warm, without unspitting.

Panure "à l'Anglaise." — As it is often stated to recover with bread crumb "à l'Anglaise," the recipe must therefore be given. Beat a full egg or white of egg with equal quantity of oil, salt and pepper. Plunge the dish in this mixture and when removing roll it in bread crumbs or white "chapelure," as it must adhere in all parts.

Nota. — When fish is to be recovered with bread crumb "à l'anglaise" it is first necessary to pass it in salted milk and roll it in flour before passing it in egg and in bread crumb. For meat, collops, lamb's cuttlet, veal sweetbread, etc., put them only in flour before bread crumbs.

Hors-d'œuvre with paste for choux

Gnocchis "à la Parisienne." — Make 4 1/2 ozs paste for choux (see Pastry).

Add to this paste 4 ozs rasped Gruyère. Let it fall in small balls in a casserole of boiling water, salt, and let it poach without boiling during about 10 minutes. Drop them and let them stew slowly in a good clear Béchamel. Season and mix, apart from fire (delicately in stirring the casserole and not the gnocchis) 2 ozs rasped cheese. Pour in a gratin plate or in the tartlets, cooked in advance, sprinkle some cheese and some bread crumb. Recover with butter, make a "soufflé" and gratin in moderate oven during 15 to 20 minutes. Serve when gnocchis are well puffed. (See illustration, page 119.)

Ramequins. — With same paste, prepare on a sheet-iron and with the forcing-bag small choux of size of apricot. Glaze them and sprinkle on the top some Gruyère, cut in very small dice. Bake in hot oven during 10 minutes, open them and introduce a good creamy Béchamel with cheese and serve all very warm.

Palets Prinsky (russian cookery). — Make several thin strips of same paste on a sheet-iron and bake these in hot oven until the time they are dried. Prepare a thick sauce Béchamel with well seasoned cheese. Place a good couch between the two strips of paste, cut this in pieces like the puffed allumettes, but not so long. Recover with cheese sauce on the two sides, roll them in white "chapelure," recover with bread crumbs "à l'anglaise," and fry them in a pan with half butter and half oil. Place on serviette. It is very good.

Puffed "amandine" fritters. — Make a choux paste with a very little quantity of cheese, add 2 ozs meagre ham, cooked, cut in fillets and 2 ozs cleaned almonds, cut also in fillets and a little grilled. Make small bolls of size of a nut and put them in warm frying (increase cooking until frying becomes boiling). When fritters are cooked, place them on a serviette and serve them very hot.

Tartlets "à la Roumaine." — Cook in advance tartlets of croustade paste, without letting them coloured. Then make a paste for choux and cheese. With a forcing bag, place inside the croûte two or three circles of paste for choux. Fill this hole with a spoonful of thick Béchamel, mixed with egg yolk and cheese. Bake 10 or 12 minutes in moderate oven and serve immediately.

Fritters pignatelli. — Make a paste for choux, without sugar 4 1/2 ozs add 2 ozs Gruyère, cut in dice, then 2 ozs raw ham, cut in dice and fried with butter and 2 spoonful minced and dried almonds. Make balls of size of apricot, roll them in flour and fry them. Serve on a serviette very warm. Fritters can be made with herrings fillets, anchovies, etc...

Gougere. — Prepare a paste for choux with cheese, putting cheese cut in dice and not rasped. Place paste in crown on sheet-iron, glaze with egg and put on the top a certain quantity of slices of Gruyère. Bake in very hot oven during 15 to 20 minutes and serve this very warm.

Gnocchis "à la Romaine." — Cook 3 1/2 ozs semolina in 7/8 pt. milk. Add salt and pepper. When semolina is cooked and is like a paste, keep it from fire and mix with 3 1/2 ozs rasped cheese. Pour this semolina on a buttered and floured sheet-iron. Make a thick galette and let it get cold, then cut it with the punching-press and give form of small "croissants" which are put on a gratin plate. Sprinkle with some stock, a handful cheese and some bread crumb, melted butter. Gratin in very hot oven. These gnocchis are absolu-

tely different from those made with the paste for choux. They are not so expensive and are fully appreciated. (See illustration, page 119).

Cheese soufflé. — Melt in a casserole 2 ozs butter, add 1 1/2 oz. flour and 1/2 pt. milk. Salt, pepper and boil. Stir with the whip. When boiling, a very thick Béchamel will be obtained. Remove from fire and add a nut of butter, some rasped nutmeg and 4 egg yolks. Add also 2 whites of eggs in snow, together with 4 ozs rasped Gruyère cheese. The mixing must be made very quickly with a whip. Pour the mixture in a casserole for "soufflé," butter and powder with cheese. Bake in moderate oven during 20 to 22 minutes and serve in the casserole where it has been cooked.

This "soufflé" can be made in small porcelain bowls. In this case 8 minutes cooking will be sufficient. Oven is to be warmer on the bottom than on the top.

Délices de Manon. — Make a paste for ordinary pancakes. Mix in a small basin 4 ozs flour, 1 full egg, some salt and a glassful cold milk. Preparation of this small original entrée wants use of special mould, having form of a small timbale: ribbed, round or oval, with a long sleeve. One mould is sufficient. This dish must be made in advance. Put the mould in boiling frying, drop it, plunge it entirely in the pancakes paste and replunge it delicately some moments in frying. When paste is golden, separate it from mould and let it dry in grease. Make a second croûte and continue the preparation. About 2 dozens of croûtes can be made in 10 minutes. These small fried croustades are crusty and thin. They are garnished in last time with quenelles, sweetbread, crayfish tails, mushrooms and truffles, mixed with sauce Suprême, added with crayfish butter and strongly seasoned. All other garnishings are suitable. (See illustration, page 119.)

Small timbales

This is a more elaborate hors-d'œuvre. A stuffing of poultry, veal, game or fish is placed generally on the outside. We will give method and proportions for veal stuffing. It will therefore be easy to prepare other stuffings.

Timbales Agnes Sorel. — Crush 7 ozs of veal, cleaned and denerved with salt, pepper and spices. Mix with 3 1/2 ozs pap made with cold milk (see Stuffings, page 112), 3 1/2 ozs butter and 2 full eggs. Strain through tammy.

Butter small babas moulds, put on the bottom thin round of well red tongue and garnish bottom and borders with a regular couch of stuffing of 1/4 inch thick. Fill the inside with a salpicon of tongue, ham, truffles and mushrooms cut in fillets and mixed with some Madeira sauce, all when very cold. Recover with a light couch of stuffing, put timbales for poaching about 10 minutes in bain-marie, in oven. Retire from moulds on a round plate and surround very delicately with a light Madeira sauce. (See illustration, page 119.)

Small timbales Regina. — Make a stuffing with colin or pike, proceeding as for veal stuffing. Prepare in advance mussels, shrimps and mushrooms, all cooked and mixed with shrimp sauce and well cold. Butter babas moulds, decorate them with truffles and put the stuffing. Fill the inside with the above mixture. Close the moulds with a couch of stuffing and poach in bain-marie. Serve with a good creamy shrimp sauce.

Timbales Virgile. — Garnish with truffles oval buttered moulds. Put a game stuffing composed of rabbit or hare. Fill the inside with a salpicon of cooked game mixed mushrooms, truffles and asparagus points and brown sauce. Fill moulds with this stuffing and poach in bain-marie. Serve with well seasoned game sauce.

Oysters served as warm entrées

Fried Oysters. — Poach in their water, with only one or two simmerings 2 dozens nice oysters, drop them and let get them cold, in wringing in a cloth. Put flour and recover with bread crumb "à l'anglaise." Fry in butter at last minute and serve in very small St. Jacques scallops. Place upon a round of lemon and a small bunch of fried parsley.

Oysters "à la Mornay." — Same preparation without recovering them with bread crumbs. Put a thick sauce Béchamel, mixed with egg yolk and added with cheese. Put some sauce in bottom of scallops. Place 2 or 3 oysters in each, nap with same sauce, sprinkle some cheese and gratin in very hot oven. Serve on a serviette.

Oysters à la Villeroi. — Same preparation. Sponge them between 2 clothes and recover them with flour. Roll them in a very thick Béchamel, mixed with 2 egg yolks on the fire. Then roll them in white chapelure and "à l'anglaise" for the second time. Fry them in butter and place on a serviette.

Russian blinis. — Blinis are sort of pancakes made in special pans, pertaining to russian cookery. Tartlets moulds can replace these pans. Paste must be made some hours in advance and is as follows: 4 ozs cornflour and same quantity of buckwheat, 1/2 pt. warm milk, 1/2 oz. yeast, a pinch salt. Make a smooth paste and terminate with 2 ozs cooked hazel butter. Keep during 3 or 4 hours in warm; afterwards add some white of egg in snow, grease pans or very hot moulds with melted butter, fill them with paste and bake them 5 or 6 minutes in hot oven. Return them, if necessary, in order to be coloured on the two sides. Serve with melted butter, caviare or eager cream (smitane).

In Russia they are prepared with some variations. Hard-boiled eggs or small fishes, called "nonats" are put. But for our taste, it is better to prepare them with eager or lemonned cream, served at the same time.

Fritto-mixto (Italian cookery). — This is a delicious entrée of the Italian cookery. It can be realised with all sorts or remnants : meat, fish, vegetable, all mixed.

Bottoms of artichokes, cauliflower, celery, brains, veal sweetbread, poultry liver, rice croquettes, egg-plants, to which can be added mussels or small fishes and bread put in milk.

All is cut in pieces, seasoned and macerated in lemon juice. Pass them in frying paste and cook them at last minute in boiling frying. Drop them, salt and serve on a serviette. The name of fritto mixto is : mixed frying.

EGGS

There are several hundred methods for preparing eggs and they can be served every day of the year, without being presented once in same manner.

We have :

Boiled eggs (*à la coque*).

Poached eggs.

Soft-boiled eggs.

Moulded eggs.

Scrambled eggs.

Eggs on plate (*sur le plat*).

Eggs in *cocottes*.

Fried eggs.

Omelets.

Hard-boiled and stuffed eggs.

The hard-boiled eggs are always coming from one or the other of these cooking methods.

Here are a hundred receipts and different methods which will permit to change the menus, as from ordinary to the more elaborate.

Poached eggs

In order to obtain poached eggs, it is necessary to have them very fresh; Boil vinegared water in a pan, without salting, break an egg in a plate with a pinch of salt on the yolk and slide it rapidly in water. Do not place too much eggs at once, in order they can easily recover themselves and keep their ovoidal form. When water begins to boil, take back pan from fire and let poach the eggs, without ebullition during 2 or 3 minutes, following their size and manner of serving them. In fact, if we have to prepare gratined eggs, they cannot be poached too much, because they will cook again in gratining. On the contrary if they must be served cold, cooking must be longer, the yolk only remaining soft. As soon as they are ready, keep them with the skimmer and plunge them in cold or warm water according to the case, in order to rinse and take away the vinegar taste.

Eggs can remain in this water as long as it is wanted and consequently they can be prepared in advance.

Poached eggs with bacon. — Dry poached eggs on a cloth and place them on light slices of grilled bacon. Lay on the eggs the grease obtained from cooking of bacon (or lay melted butter if bacon has been prepared on grill).

Poached eggs Mornay. — Dry poached eggs, place on croûtons of roasted bread in butter and nap with Béchamel cheese sauce, very thick and well relieved. Powder with cheese and bread crumbs, sprinkle with butter and glaze in quick oven. Serve immediately.

Poached eggs "à la Grand-Duc." — Place a crown of poached eggs on croûtons of fried bread, nap with a thick sauce Mornay, mixed with the yolks and lightly powder with cheese and gratin in red oven. Dispose then between each egg a bunch of asparagus points, tossed in butter and garnish center of plate with a little stew of mushrooms and truffles cut in Julienne, and mixed with a light half-glaze sauce. (See illustration, page 122.)

Poached eggs "à l'Aurore." — Place eggs on croûtons and nap with a well buttered sauce Aurore (see Sauces). Sprinkle thereon a pinch of hard-boiled egg yolks; passed through the tammy. (See illustration, page 145.)

Poached eggs "à la Bayard." — Cut the top of nice tomatoes and make a hole, recover with butter, salt and let them poach in oven, but avoiding they become mash. Dry water contained in tomatoes and place them on a warm plate. Place a little poached egg in each tomato, after having put in the middle a light slice of grilled bacon, nap the eggs with a light tomato sauce. (See illustration, page 122.)

Poached eggs "à la Suzette." — Bake in oven nice Dutch potatoes, without peeling. Cut a piece on the top and empty the potatoes, reserving only the necessary thickness to insure solidity. Mix with butter and cream a part of the pulp and season. Use this mixture for garnishing the potatoes and place on each a little poached egg. Nap lightly with Mornay sauce and quickly gratin. (See illustration, page 122.)

Poached eggs "à la Tout-Paris." — Prepare the eggs on large croûtons, surround the basis with a poultry hash with cream and nap the eggs in their half with Dutch sauce and in half with shrimp sauce, or in default with tomato sauce. Each egg is consequently napped with two colours and on the white side a shrimp tail is placed and on the red side: a truffle round. (See illustration, page 122.)

Poached eggs "à la Duchesse." — With Duchesse potatoes (2nd recipe), make with the forcing-bag little oval crowns on a buttered plate-iron. Pass twice the potato in order to be more profound, recover with butter and colour in warm oven. (See illustration, page 222.)

Poached eggs "à la Florentine." — Prepare spinage "à l'anglaise" and place them on a gratin plate. Put thereon poached eggs, well dropped, nap with Mornay sauce. Powder with rasped cheese and bread crumbs, sprinkle with butter and gratin in quick oven.

Poached eggs Cardinal. — Place the eggs on croûtons and nap with Cardinal sauce. A truffle slice on each. (See illustration, page 122.)

Poached eggs "à la Joinville." — Same proceeding as above, nap with shrimp sauce. Place a red shrimp in each or in default two grey cleaned shrimp tails.

Poached eggs "à la Nantua." — Same proceeding as for Cardinal eggs, nap with Nantua sauce and place a shrimp tail or a pinch on each.

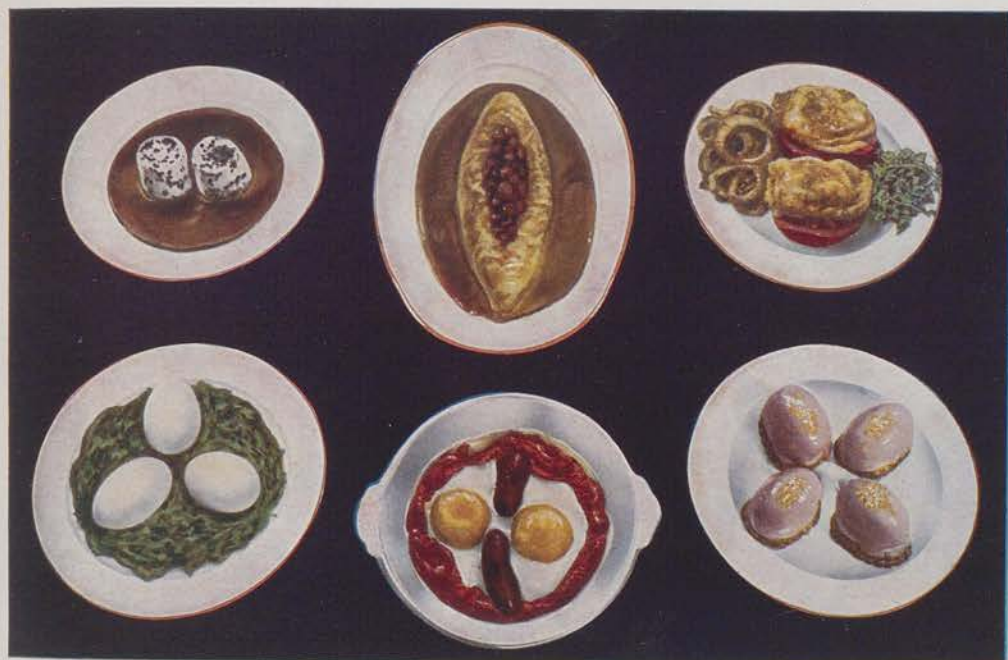


Fig. 124. — Eggs "à la Polignac." Omelet with kidneys. Fried eggs Moreno. Soft-boiled eggs with spinach. Eggs sur le plat "à la Bercy." Poached eggs "à l'aurore." (see eggs).



Fig. 125. — Eggs in jelly "à la Jeannette" (see page 165).

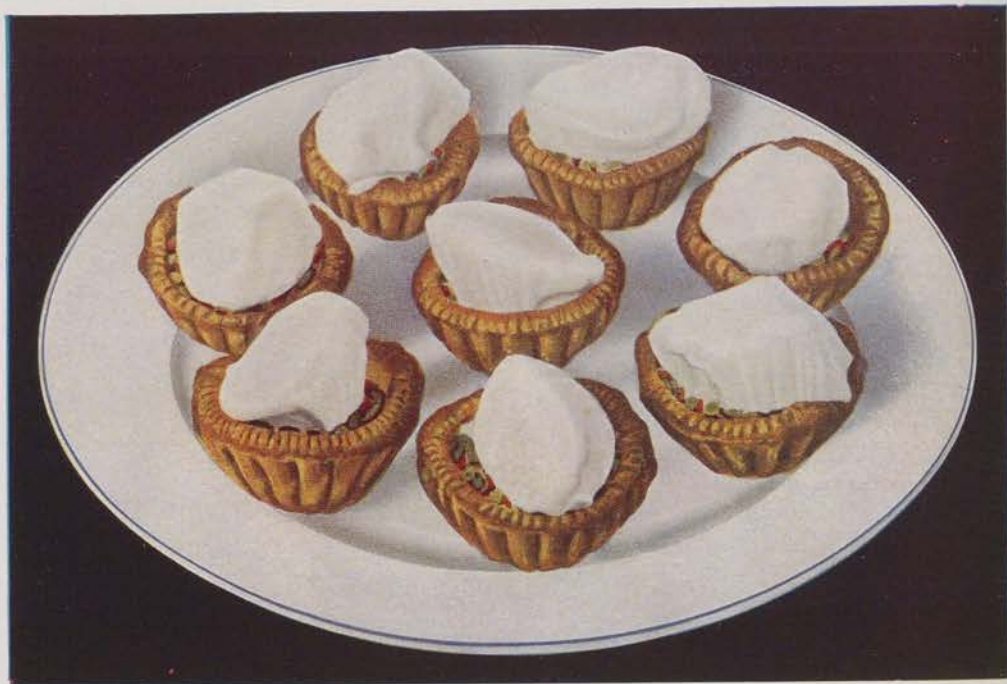


Fig. 126. — Eggs "à la Sigurd" (see page 152).

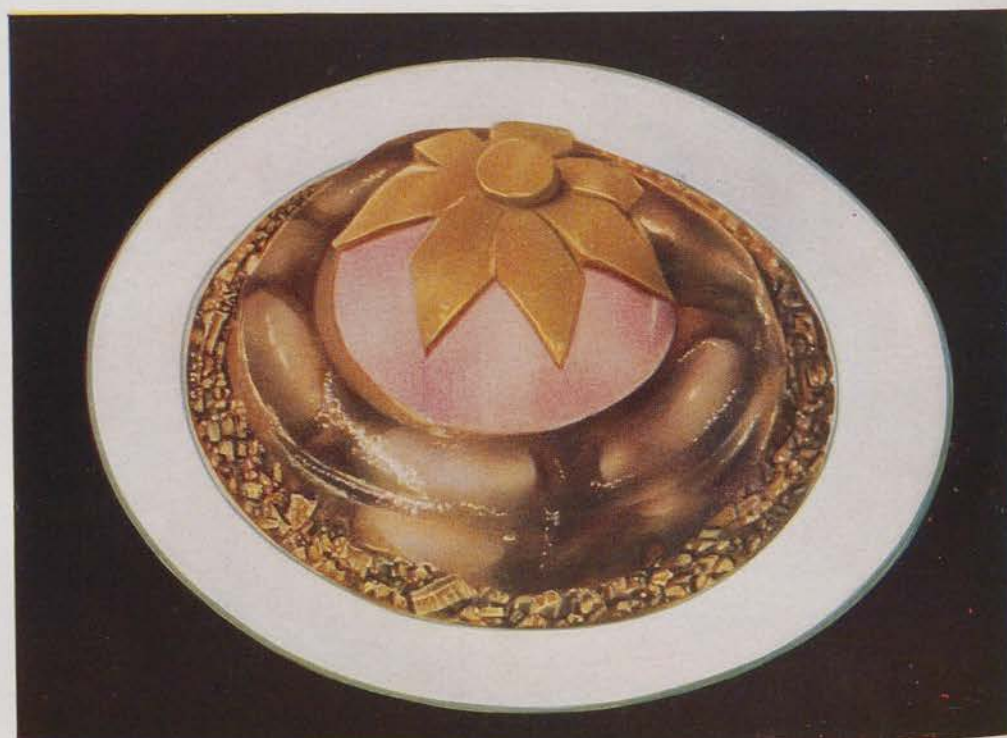


Fig. 127. — Eggs in jelly "à la Colinette" (see page 165).



Fig. 128. — Cold eggs "à la Niçoise" (see page 162).



Fig. 129. — Cold eggs "à la Frou-Frou" (see page 165).

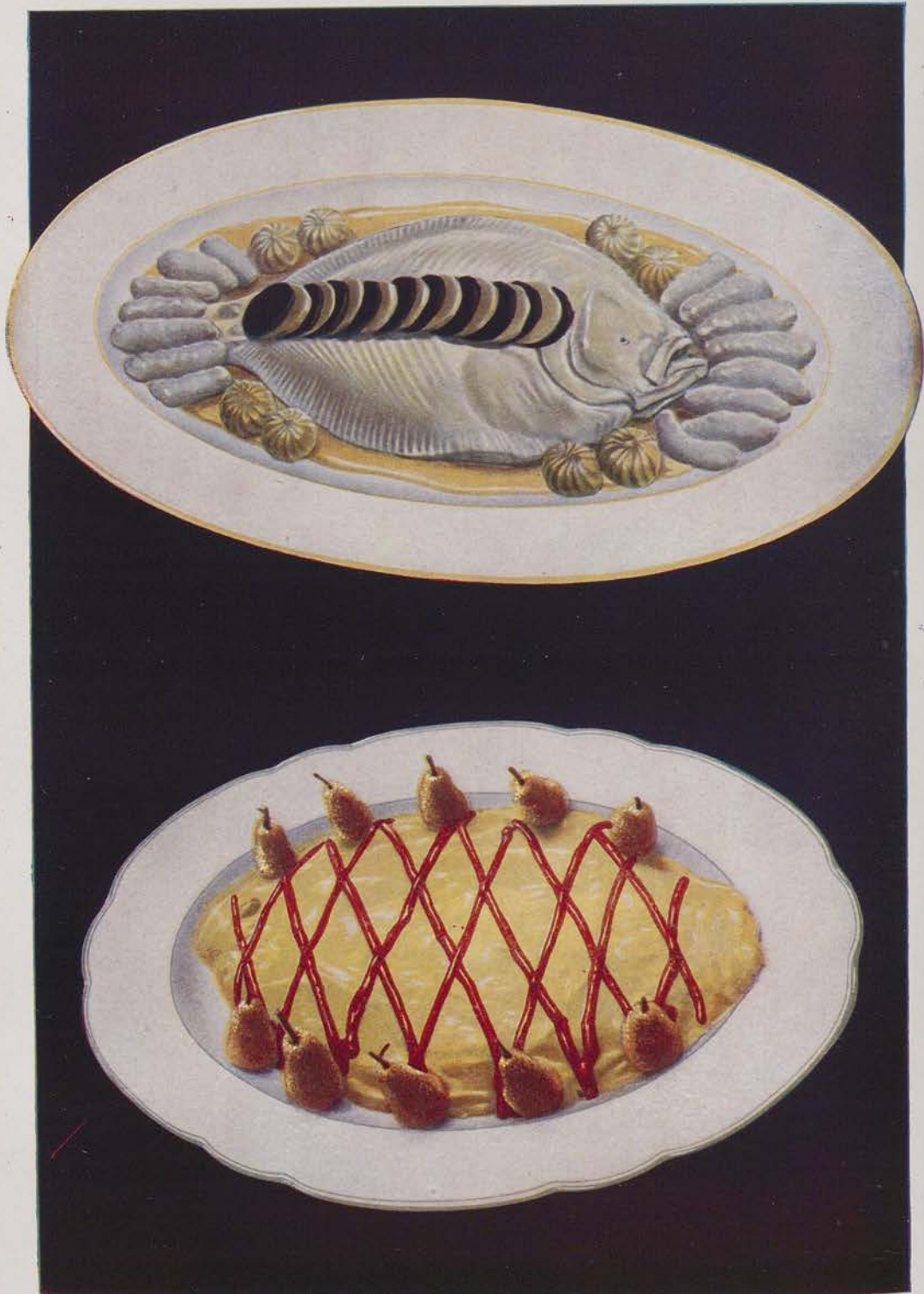


Fig. 130. — Stuffed brill "à la Denise" (see page 170).

Fig. 131. — Brill "à la Théodora" (see page 176).



Fig. 132. — Brill or turbot "à l'Amiral" (see page 176).



Fig. 133. — Colin "à l'Anglaise" (see cod page 176).



Fig. 134. — John Dory "à la Bercy" (see page 178).

Portuguese poached-eggs. — Fill buttered tartlets moulds with a tomated and cheesed rizotto; remove from mould in crown and place on a fireproof round plate. Put a poached egg on each, nap with Mornay sauce and glaze in quick oven. Surround the eggs with a lace of tomated juice.

Poached eggs "à la Beaugency." — Place the eggs on somewhat large founts of egg-plants, nap with Béarnaise sauce and place thereon a slice of poached beef marrow.

Poached eggs "à la Chantilly." — Fill croustades with a well buttered mash of fresh peas, place a poached egg and nap with Mousseline sauce.

Poached eggs "à la Masséna." — Place the eggs in bottoms of egg-plants and nap with Périgueux sauce. Place on each a truffle slice.

Poached eggs "à la Chartres." — Place the eggs on fried croûtons. Nap with a good reduced veal juice, added with chopped tarragon. Then form thereon a star with three whited tarragon leaves.

Poached eggs à la Périgourdine. — Place eggs on croûtons. Nap with a good Périgueux sauce (see sauces), well buttered and place a truffle slice on each egg.

Poached eggs "à la Reine." — With remnants of chicken or cooked fowl, make a mash or a very fine hash, mixed with sauce Suprême in order to be softer. Garnish puffed tartlets croûtes with this mixture. Place the eggs upon and nap with sauce Suprême. A truffle slice or a seedling of chopped truffles thereon.

Poached eggs "à la Daumont." — Place poached eggs on croustades of puff-paste, garnished with cooked poultry mash. Nap the eggs with Nantua sauce, with crayfish butter, and place a truffle round upon.

Poached eggs "à la Miss Helyett." — Hollow nice tomatoes, not too matured, season, sprinkle with butter and put in hot oven. Dry them when cooked and garnish with a stew of crayfish and mushrooms. Place an egg upon and nap with Nantua sauce. Put a thin truffle slice.

Poached eggs "à la Monseigneur." — With remnants of cooked fish, either cod, colin, brill, etc., make a fine mash, mixed with some butter and Béchamel. Fill croustade of puff-paste cooked in advance, place poached eggs upon and nap with well buttered Béchamel sauce.

Poached eggs "à la Saint-Hubert." — Place on a fire-proof plate an hash of hair-game, mixed with peppered sauce. Place eggs upon or surround the hash; nap with peppered sauce and surround the place with fried croûtons.

Poached eggs "à la Bourguignonne." — Boil in a pan 7/8 pt. red wine and poach eggs. Drop and reduce wine which would be seasoned and aromatised. When it is well reduced to nap the eggs, mix with 2 ozs butter, mixed with a good pinch of flour, in order to have a creamy sauce. Remove from fire

and put again a good piece of fine butter and some caramel to give a frankly brown tint. Place eggs on fried croûtons and nap with sauce. Add mushrooms to the sauce.

Poached eggs "à la Sigurd." — Place poached eggs in little tartlets croûtes of puff-paste, garnished with melted chopped onions, mixed with cut mushrooms. Nap eggs with creamy Béchamel sauce, very seasoned with paprika, place upon a mushroom's head, and a pinch of rasped horse-radish (facultative). (See illustration, page 146.)

Polonese poached eggs. — Place poached eggs in croustade or in porcelain cocottes, middle of which is garnished with a stew of fresh tossed tomatoes. Nap eggs with well creamy sauce Suprême and recover with a Polonese obtained by grilling two spoons bread crumbs with hazel-coloured butter.

Dutch poached eggs. — Place eggs in croustades full with salmon mash and cream. Nap with Dutch sauce.

Poached eggs "à l'Anglaise." — Place them on croûtons or fried bread, powder with rasped Chester cheese, sprinkle with hazel-coloured butter and pass 2 minutes in very hot oven. Place a little cresson bunch in middle.

Indian or Creole poached eggs. — Place eggs in crown on a round plate, without croûtons. Nap with sauce Curry and place in middle or apart, Creole rice.

Poached eggs "à la Phileas Gilbert." — Put poached eggs on fried croûtons, somewhat large, lightly nap with sauce Suprême and place on borders croûtons, greater than eggs. Put with the forcing-bag a lace of hard Béarnaise sauce.

Poached eggs "à la Rossini." — Garnish puffed croustades with a mash of thick warm and truffled liver mash. Place a poached egg thereon and nap with a good Madeira sauce. Put a truffle slice on eggs.

Poached eggs "à la Marinière." — Garnish little boxes with mussels "à la marinière." Place a poached egg and nap with sauce. Sprinkle some parsley.

Soft-boiled eggs

Soft-boiled eggs are those which are plunged in boiling water and cooked 5 or 6 minutes, according to their size, in order to be better cooked than boiled eggs, without being hard-boiled.

They can replace the poached eggs on which they have the superiority of possessing no vinegar relish and further they keep their natural form.

Soft-boiled eggs are prepared as follows :

Plunge very fresh eggs in a great pan of boiling water, leave them the necessary time and plunge in cold water in order to stop cooking. Break

the shell, put them again in hot well salted water (not boiling), until time for serving. When cold again, they will remain warm for a long time, without becoming hard-boiled. Example: Soft-boiled eggs with spinach. (See illustration, page 145.).

Nota. — Soft-boiled eggs can only be prepared when their freshness is absolute (for instance when there are preserved eggs) and they would venture not to keep their form during poaching.

Boiled eggs (à la coque)

Everybody should know that eggs to be boiled must be of the utmost freshness.

They can be cooked in different ways. By plunging them in boiling water during 2 1/2 or 3 minutes, according to their size and to the desire of those who have to eat them. They can also be put in cold water and taken out when water is boiling.

In France, the boiled egg is eaten in its shell, with sippets of bread.

In England, where the egg is eaten hard-boiled, the white and the yolk are mixing and eaten with spoon together with toasts.

In Russia, the yolk only is eaten, the white being considered undigestible.

In Germany, the egg is broken in the plate and eaten with a spoon.

In Spain as well in America, the egg is broken in a glass, mixed with salt, pepper and butter and globbled or eaten with a spoon.

Nota. — The boiled-eggs can easily be given the taste of truffles, mushrooms, celery and in general of all foods having a penetrant smell. It is only be sufficient to keep them in a closed pot with such foods during 48 hours. The shell being porous lets the smell enter. The eggs treated in this way have a certain originality of flavour.

Eggs in cocottes

Eggs in cocottes are a variation of poached eggs. They are broken in porcelain cocottes and half-boiled in bain-marie. As the smallness of the recipient does not allow much garnish, there is no great variety of eggs in cocottes. Here a few.

Nota. — Others can be found in chapter of cold eggs, as cocotte is an ideal and easy dish.

Eggs in cocottes with cream. — Heat a little the cocottes. Garnish them with a finger of boiling cream and adjoin very fresh eggs. Place the cocottes in bain-marie. Season the eggs and let them stew 2 minutes on side of fire. Put them three minutes in oven, with a plate-iron to recover the eggs. Dress the cocottes on a serviette.

Eggs in cocottes "à la Bergère." — Mix a piece of melted butter with 2 ozs cooked mushrooms, chopped, some cut parsley, salt and pepper. Garnish center and borders of cocottes. Break an egg in each and cook as above.

Eggs in cocottes "à la Colbert." — Prepare the eggs in cocottes with cream, as above, and add some chopped fine herbs with cream. When the eggs are cooked, surround the yolk with a lace of Colbert butter.

Eggs in cocottes with tarragon. — Prepare a good juice of roasted veal mixed with some fecula and tomato mash, in which has been put a good pinch of grossly cut tarragon. Put two spoonful of this in the cocotte and break the eggs therein. Cook as above. Sprinkle some cut tarragon before serving.

Eggs in cocottes "à la Florentine." — Garnish the cocottes with a small couche of spinage leaves, tossed with butter. Break an egg, adjoin salt, pepper and begin the cooking. When the egg is a little cooked, recover with a spoon of thick cream. Put some rasped cheese and let gratin during a minute in hot oven.

Moulded eggs

The moulded eggs are prepared as for poached or soft-boiled eggs, i. e. soft inside; the yolk must not be cooked. The white can only be cooked in order to keep the desired form.

There are two receipts. They will serve as example, which everybody can multiply according to his fantaisie.

The moulds are very well buttered, with soft, but not melted butter, recover regularly the moulds inside. After this, they can be powdered with truffles, herbs, ham, etc., following the manner shown hereunder.

Break an egg (very fresh) in each mould, without breaking the yolk. The cooking will be the same as for the eggs in cocottes, i. e. in bain-marie. Let water tremble 2 or 3 minutes, then terminate cooking in oven without ebullition. When borders of eggs are somewhat solid, retire moulds from oven and water in order to stop cooking, then pass very lightly a little knife to retire from the moulds.

Moulded eggs "à la Polignac." — Well butter Babas moulds and powder them copiously with cut truffles, dried in a cloth. Break a very fresh egg in each mould, salt and put in bain-marie. Cooking as above. Remove from moulds and place on small toasts cut following moulds size and fried with butter. Recover eggs with Périgueux sauce and place upon a round of truffle. (See illustration, page 145.)

Moulded eggs "à la Ninette." — Prepare scrambled eggs with shrimps, not too cooked, add apart from fire a raw egg for six scrambled eggs and place in buttered babas moulds. Terminate cooking in bain-marie, avoiding to have hard-boiled eggs, remove from moulds and put on croûtons of fried bread with butter. Nap the eggs with Mousseline sauce.

Bread of eggs "à la Fermière." — Carefully drop 1 lb. white cheese called "à la pie." After having pressed it in a cloth to extract water, put it in a small plate and work with wooden-spatula. Mix with 4 ozs butter in order to obtain a smooth and homogenous mass. Cut in dice 4 ozs whited

ham, which would be mixed in continuing to work the mass. Add also 10 full eggs and 1/2 pt. double cream. Season and cook in bain-marie, in a well buttered mould. Remove from mould and sprinkle with cream sauce.

Scrambled eggs

In order to have good scrambled eggs, well soft, presenting appearance of cream, it is necessary to proceed as follows :

Well butter a not too large pan, in which full eggs would be break, season with salt and pepper, add 2 spoonful double cream for 6 eggs and place casse-
role in boiling bain-marie.

Turn the eggs quickly with a small whip or a spatula in order to crush the molecules, according to cooking which would not be depassed. In case such accident would arise, adjoin then some butter or egg-yolk.

Scrambled eggs with mushrooms. — Cut in fine slices 4 ozs raw mushrooms, well cleaned and washed. Toss them in butter until they are roasted and add scrambled eggs.

Scrambled eggs with points of asparagus. — Cook points of asparagus cut in small pieces. Toss them in butter and mix with scrambled eggs; serve the eggs with a small bunch of points in the middle.

Scrambled eggs with artichoke bottoms. — Cut in dice fresh artichokes bottoms. Cook them in water and toss them with butter and add scrambled eggs.

Scrambled eggs with truffles. — Cut in dice cooked truffles and mix them with scrambled eggs. Serve with nice slices of truffles, recovered with butter.

Scrambled eggs Montpensier. — Add two spoonful tossed tomatoes, cut in dice, with 5 scrambled eggs. Serve in timbales and make a hole in center, in which a stew of minced veal kidneys would be placed, tossed in butter and mixed with two sauce-spoonful madeira.

Hunter scrambled eggs. — Place scrambled eggs in timbale and place in middle a stew of poultry liver, tossed with butter. Put thereon some chopped parsley.

Scrambled eggs with shrimps. — Toss with butter, cleaned shrimps tails, and add scrambled eggs.

Scrambled eggs with crayfish. — Same proceeding as for scrambled eggs with shrimps.

Scrambled eggs with croûtons. — Fry in butter, without being too much coloured and dried, about twenty small bread croûtons, cut in small regular dice in stale bread-crumbs and mix at last minute these croûtons with the eggs.

Scrambled eggs Georgette. — Scrambled eggs with crayfish tails placed in Dutch potatoes, baked in oven and emptied. Place on a serviette.

Scrambled eggs with cheese. — Add 2 ozs rasped Gruyère cheese to the scrambled eggs and place, when serving, very nice slices of Gruyère.

Portuguese scrambled eggs. — Add to the scrambled eggs 5 ozs tomatoes, cut in dice and tossed in butter. Place them in timbale and put in the middle a bunch of tossed tomatoes on which some parsley is put.

Scrambled eggs with fleurons. — Scrambled eggs with cream, accompanied with small fleurons of puff-paste in form of croissants, for decoration.

Scrambled eggs "à la Villars." — Put on a gratin plate a border of Duchesse potatoes, let it colour in oven and garnish the bottom with scrambled eggs and the top with eggs "au miroir" (one per person), make with the punching-press (see recipe for eggs "au miroir" hereunder).

Eggs sur le plat

It must be noted that butter must be warmed previously in the plate, before ing break the eggs. Put them a moment on fire and pass them in oven, in order to solidify the top of white of egg. Salt only when on table and put a pinch of white pepper on the yolks. Sprinkle these with melted butter.

Eggs sur le plat with black butter. — Put eggs in the plate when butter becomes black and sprinkle at last minute some black butter prepared apart. Pour a spoonful vinegar in the boiling pan and lay it on the eggs, salt and pepper.

Eggs sur le plat au Miroir. — These are very fresh eggs which are passed a minute in very quick oven or under the gas flame, in order to have a light pellicle on the white of egg which recovers the yolk when egg is very fresh, and to give appearance of a milky and glazed veil, such as in a mirror where pictures are reflected. They must be made at last minute and served immediately.

Eggs sur le plat with bacon. — Fry thin slices of bacon and put them in a plate. Break eggs upon and bake in oven.

Eggs sur le plat with ham or bacon. — Same proceeding as above.

Eggs sur le plat "à la Bercy." — Prepare the eggs and put between each a well grilled Chipolata sausage. Surround the plate with a border of buttered tomato sauce. (See illustration, page 145.)

Hunter eggs sur le plat. — Cook eggs sur le plat and dispose on each side a bunch of poultry liver, colloped and tossed in butter, mixed with some half-glaze. Put some chopped parsley.

Eggs sur le plat "à la Chartres." — Place in bottom of a plate some spoons of good veal juice added with chopped tarragon. This juice replaces butter. Break the eggs and cook as usually. When removed from oven, place on each yolk two nice whited tarragon leaves, put in cross.

Eggs sur le plat "à la Mireille." — Between each egg, place half a small tomato, grilled "à la Provençale" and in which a piece of poultry liver, tossed in butter, is placed. Sprinkle with some Madeira sauce.

Eggs sur le plat "à la Mistral." — Place between each egg, half a small tomato, tossed in oil and put a stoned olive in each.

Eggs sur le plat with kidneys. — Place between each egg half a mutton kidney, grilled or tossed and lightly sprinkle with sauce Périgueux.

Eggs sur le plat "à la Portugaise." — Place, between each egg a small bunch of tomatoes, tossed in butter. Some chopped parsley on tomatoes.

Eggs sur le plat "à la Parmesane." — Butter and powder with rasped cheese bottom of plate. Break the eggs and put upon some rasped Parmesan cheese. Sprinkle with butter and bake in hot oven in order to gratin the eggs without becoming hard.

Omelets

The omelet is a ressource improvised by excellence, either on unexpected arrival of a guest at time of eating or either to replace an expected dish.

Break the eggs (two per person) on a plate, season and beat them in order to be well mixed, but without exaggeration as eggs would loose their powers (that means they would become liquid as water, instead of remaining glutinous). Pour them in a great pan, containing boiling water (enough to grease the pan). The operation must be made on a rapid and light fire. Turn with the fork and separate the eggs with the borders on which they are more rapidly cooked and this until the mass begins to be solidified, but in remaining somewhat liquid. On that time do not use the fork but shake the eggs with an oscillation movement of the pan and continual shakings. When omelet is judged cooked, let it a minute without shaking, in order to lightly glaze the bottom, then roll it, separating border with the fork and in beginning with side of the pan handle. When it is well rolled, until its middle, give some taps on the pan handle with the side of the hand and this will permit to place omelet on border. Then keep the pan with right hand, a plate in left hand and incline simultaneously pan and plate in order that the omelet is placed in middle of the plate. The operation does not want so much time as explanations. The omelets can be garnished with all vegetables and meats.

Savoury omelet. — Add to the eggs when beating them, an appropriated quantity of parsley, chervil, tarragon, chives, all finely chopped.

Omelet with sorrel. — Cut finely a handful of sorrel and melt this in butter in a casserole. Add beaten eggs and make the omelet.

Omelet Parmentier. — Cut in very small dice potatoes and cook them in butter. Add them to the eggs.

Omelet with croûtons. — Add to the beaten eggs, small croûtons of bread crumb, fried in butter.

Peasant omelet. — Mix with eggs for omelet some meagre slips of bacon, tossed, and some slices of potatoes, also tossed in butter, and a pinch of sorrel, melted in butter. When omelet is well cooked on one side, turn it as for a pancake and put it on a round plate.

Omelet "à la Lyonnaise." — Cook with butter a good proportion of minced onions and mix them with eggs and chopped parsley. Make omelet as usually.

Arlesian omelet. — Introduce in middle of omelet a melting of tomatoes and egg-plants, together with some garlic. Keep a spoon of this mixture to be placed on the omelet. Surround with a cullis of tomatoes.

Omelet "Vosgienne." — Mix to the eggs some thin large rectangles of smoked and grilled bacon and also thin slices of Gruyère cheese and some thick cream. Make omelet as usually.

Hunter omelet. — Toss in butter two or three poultry livers and 2 mushrooms, all cut in fine slices, salt, pepper and mix with 1 or 2 spoonful half-glaze. Keep it warm, without boiling. Make omelet as usually and introduce in the middle stew of poultry livers. When placed on the plate, lightly cut the top and introduce in the opening a spoonful of poultry liver. Sprinkle some chopped parsley.

Omelet with kidneys. — Cut in small dice mutton or veal kidneys, toss them rapidly in boiling butter. Mix with some Madeira half-glaze and operate as for the Hunter omelet. (See illustration, page 145.)

Omelet with shrimps. — Introduce in the omelet some spoons of shrimps tails mixed with some shrimp sauce. Make incision on the top and place a small bunch of shrimps tails, tossed in butter. Surround the omelet with a border of same sauce.

Omelet with crayfish tails "à la Nantua." — Same preparation as above, replacing the Shrimp sauce with Nantua sauce.

Omelet with truffles. — Mix to the eggs truffles cut in small dice, then make a rolled omelet and when it is served place on the top nice slices of truffles.

Omelet with asparagus points. — Add to the eggs asparagus points, cut in $\frac{3}{4}$ inch. length, cooked in salted water and tossed in butter. When omelet is made, make an incision on the top and introduce a small bunch composed of the tops of asparagus.

Omelet with bacon. — Cut nice slips of breast bacon. Make them white 2 minutes in water to keep the salt, toss them in the pan and add to the eggs.

Omelet with ham. — Cut in small dice cooked ham and toss this in butter, before adding to the eggs.

Omelet "à la Fermière." — This is an omelet with ham which is not rolled. When cooked, put it on a round plate and sprinkle some parsley.

Omelet with morils, cepes and other mushrooms. — Cut the morils and toss them in butter. Mix with two spoonful half-glaze sauce and introduce this in the omelet. Make an incision on the top and place a spoonful morils.

Omelet Sévillane. — Add to the eggs some green pimento-berries, finely cut. Introduce in the omelet, before rolling it a melting of tomatoes. Surround with tomato sauce.

Omelet "à la Chartres." — Make an omelet, with a good quantity of tarragon and decorate the top with nice whited tarragon leaves.

Omelet with cheese. — Mix a handful Gruyère cheese or rasped Parmesan to the eggs and make omelet as usually, but not too cooked.

Bohemian omelet. — Cut in fillets some cooked ham, mushrooms, truffles and mix this salpicon with some tossed tomatoes. Introduce this mixture in the omelet and place some of this on the top. Surround the omelet with a border of clear tomato sauce.

Omelet Mousseline. — This sort of omelet is entirely different of the above Put in a basin egg yolks with salt and pepper and two spoonful thick cream for 4 yolks. Mix all with spatula and add the white of eggs in snow. Proceed then as for ordinary omelet, using a greater pan and some butter.

Omelet au curé (meagre). — Keep two roes of carps for 6 persons Wash them and white them 5 minutes in salted water. Drop them and cut with tunny-fish (as gross as an egg) and some shallot. Put in a casserole to cook with some butter. Mix then with beaten eggs.

Before cooking them, mix a good piece of fresh butter with parsley and chopped chives and put this butter in bottom of the dish, in which omelet will be served, well cooked, not too pappy and very well glazed.

Omelet with bread crumb. — Soak a handful stale bread crumb in a cupful cream or milk. Then crush all and mix with the eggs (1 per person, not so much than usually) salt, pepper and make omelet, which is more economical and more meagre than the preceeding.

Omelet with flour. — This is an economical recipe. Put in a basin a good handful of sifted flour. Break one egg per person, add salt, pepper and 1/2 pt. cold milk. Mix all as for pancake paste and terminate as for others. Some ham, fine herbs can be added, etc., etc...

Fried eggs

In order to prepare fried eggs and present them in an appetizing manner, they must be as fresh than for poached eggs, in order to be rolled and keep their ovoidal form. Fried eggs are frequently used for garnishings of meat dishes, i. e. for instance : Chicken à la Marengo, Calf's head "en Tortue," etc...

Fried eggs are prepared as follows :

Heat in a small pan a good glassful oil. When very hot and beginning to have a smoke, break one egg in a plate and lightly salt.

Put it in the pan and keep with a well dried spatula the white (which spreads and puffs) on the yolk in order to recover it and keep its ovoidal form. Let it glaze and return the egg, just the necessary time for cooking the white, without touching the yolk which must remain soft. Draw up the egg, drop it and begin again the proceeding with another, in making one egg by once, as several together would glue, unless in having a great pan, but which would necessitate much oil.

Fried eggs with bacon. — Grill thin slices of bacon, place them in middle of a round plate and put fried eggs upon. Recover with grease obtained from bacon.

Fried eggs with bacon. — Same proceeding, but use meagre salted or smoked bacon.

Fried eggs with ham. — Prepare the eggs on slices of fried or grilled ham.

Fried eggs, tomato sauce. — Prepare fried eggs on a serviette with bunch of parsley in center and apart a tomato sauce.

Fried eggs "à la Saint-Benoit." — Prepare fried eggs and surround them with a cod brandade.

Fried eggs "à la Moreno." — Grill in oven as many nice halves of tomatoes as you have eggs to serve. Then fry in oil 2 or 3 big onions cut in thick rounds (rounds beeing detached). Put a fried egg in every tomato and dress the onions in center of plate. (See illustration, page 145.)

Fried eggs "à la Provençale." — Prepare them on thick slices of fried egg-plants (aubergines), and place in middle of the plate a melting of tomatoes.

Hard-boiled and stuffed eggs

In spite it is easy to cook hard-boiled eggs, certain rules must however be followed. According to size of eggs, the cooking needs 8 or 10 minutes. After this time, the white becomes coriaceous, the yolk becomes black and a disagreeable smell passes through the egg. For obtaining hard-boiled eggs, it is necessary to plunge them in boiling water and after cooking, immediatly in cold water. The rapid transition condenses the vapour produced by cooking, between egg and shell, and picking is facilitated.

Hard-boiled eggs are often stuffed and it is necessary therefore that yolk remains in middle. It is necessary in consequence to cook in boiling water, which solidifies immediatly the white, opposing the yolk of going to a side of the shell. In filling these prescriptions, the hard-boiled eggs will be presented in an agreeable manner.

Hard-boiled eggs "à la Béchamel." — Cut hard-boiled eggs in thin rounds and let them warm without boiling in a good Béchamel sauce, well buttered and strongly seasoned.

Hard-boiled eggs "à l'Aurore." — Prepare hard-boiled eggs with Béchamel, place them in a gratin plate. Put thereon one or two cut egg yolks. Gratin and surround the plate with tomato sauce.

Hard-boiled eggs, sauce poulette. — Mix in the sauce Poulette hard-boiled eggs, cut in slices and chopped mushrooms. Add half a juice of lemon and chopped parsley.

Bouchées, vol-au-vent and croustades of hard-boiled eggs. — Bouchées of puff-paste, vol-au-vent, timbales or croustades of short-paste can be garnished with hard-boiled eggs with cream. These would constitute excellent entrées for Lent.

Stuffed eggs "à l'Aurore." — Separate in two pieces hard-boiled eggs in their length, remove the yolk which would be strained through tammy. Mix it with a good piece of butter, salt and pepper, a spoon of tomato mash and two spoons of Béchamel. With a forcing-bag, garnish the white of eggs, recover with butter and put 5 or 8 minutes in very hot oven. Put them on a well buttered sauce Aurore.

Stuffed eggs "à la Chimay." — Same proceeding as for stuffed eggs "à l'Aurore." Add a mash of finely cut mushrooms, cooked in butter and then some chopped parsley. Garnish the eggs, place them on a gratin plate and recover with a thick sauce Mornay. Place upon a handful cheese and bread rasping, recover with melted butter and gratin. Serve immediatly.

Stuffed eggs "à la Hongroise." — Mix a good proportion of chopped onions, cut slowly in butter with yolks of hard-boiled eggs, strained through tammy. Garnish half the white eggs with this mash, season strongly with paprika. Place on a fireproof pan, recover with melted butter and put it in very hot oven during 5 minutes. Serve on tomato slices, tossed in butter with onions and paprika, and recover with lemonned cream, releaved with paprika.

Cromesquis of eggs. — Cut hard-boiled eggs in fine dice. Mix with a thick Bechamel. Season and reduce on fire with yolk of a raw egg for the proportion of 6 hard-boiled eggs. Let them get cold and separate mixture in

small pieces of an egg's value, roll them in form of bottle-cap with some flour, pass them in the frying paste and cook in very hot frying pan. Serve on serviette with fried parsley and apart a tomato sauce.

Eggs cuttlets. — These are croquettes having the form of cuttlets and made with the hand. Fried in butter, they are dressed in circlet and garnished with any vegetable : green peas, spinage, points of asparagus, etc. Put on each a piece of macaroni garnished with small curl-papers in order to give cuttlets aspect.

Rissoles of eggs. — Prepare the mixture of hard-boiled eggs such as for the Croustades. When cold, use as garnishing small "chaussons" of fine short-paste. Fry in hot frying and serve on serviette with fried parsley. Served without sauce.

Cold eggs

In a general rule, cold eggs are : poached eggs, soft-boiled or moulded eggs. It is not therefore necessary to recall their method of cooking.

It must not be forgotten that same rules apply as well for eggs than for all cold cooking. Preparation, decoration, beauty of dishes assure success; but in cuisine the terms "beauty" and "goodness" are absolutely inseparable and quality should not be sacrificed by the aspect.

Eggs "à la Russe." — Cover eggs cocottes with aspic jelly. Garnish center with slice of truffle and place a very cold and well dropped poached-egg. Continue to fill the cocotte with jelly and keep it in ice. Remove from mould and surround with this mixture a russian salad prepared in dôme in middle of a round plate. Garnish with chopped jelly between the eggs.

Eggs with tarragon. — Cover eggs cocottes with jelly. Place an egg in each and continue to fill with jelly, strongly seasoned with tarragon. Decoration of each with tarragon. (See illustration, page 122.)

Cold eggs "à la Vert-Pré." — Divide 6 fresh hard-boiled eggs in their length. Pass the yolks through tammy and mix with 4 ozs fine butter, salt, pepper and a green mash of spinage, chervil, water cress, tarragon, all whited during a few minutes, refreshed and passed to a very fine tammy. Fill copiously the half-white eggs with this mash and nap with sauce Mayonnaise, also greened with herbs mash. When all is prepared, place eggs on cut jelly, decore with whited tarragon leaves and recover with half-coagulated jelly.

Eggs "à la Mimosa." — Cold croustades of short-paste filled with salad of small vegetables mixed with mayonnaise. Place half an egg on each, recover with mayonnaise and fine herbs upon and chopped egg yolks.

Eggs "à la Niçoise." — Nap very cold poached eggs with a thick mayonnaise, lightly tomated, decorate with a nice chervil leaf. Surround with the eggs a salad composed of green beans, tomatoes, potatoes, seasoned with oil and vinegar. (See illustration, page 147.)



Fig. 135. — Brill fillets "à la Tosca" (see page 176).



Fig. 136. — Sole fillets "à la Normande" (see page 186).

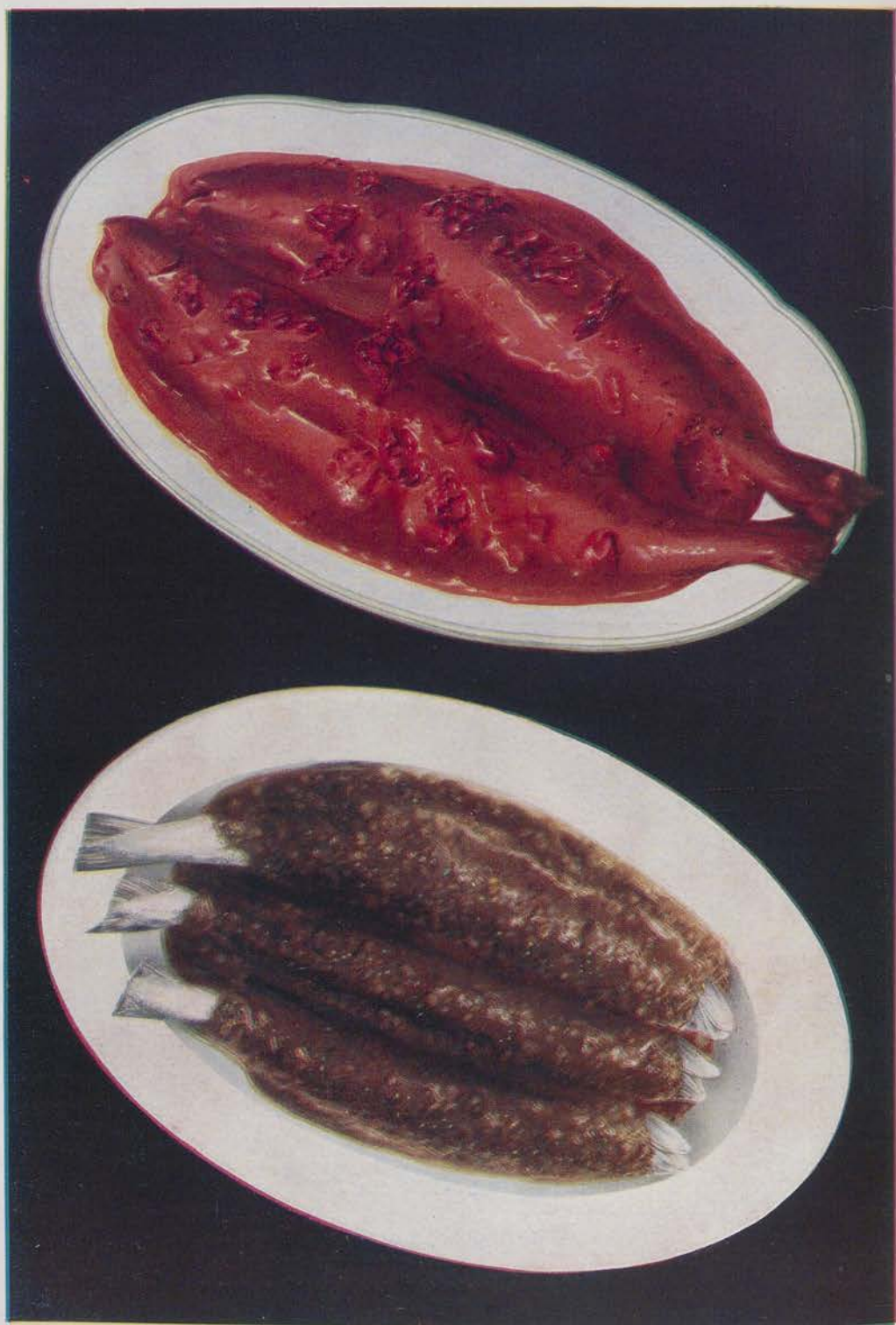


Fig. 137. — Whittings "à la Dugléré" (see page 179).

Fig. 138. — Whittings with gratin (see page 179).

Eggs "à la Carmen." — Nap very cold poached or soft-boiled eggs with a cold sauce Soubise in which two sheets of melted gelatine are put. Garnish the top with laces of sweet red pimientos. Serve on chopped jelly and facultatively garnish middle of the dish with salade of tomatoes and green pimento-berries. (See illustration, page 121.)

Eggs "à la Colinette." — Garnish a Savarin mould with jelly, decorate bottom with crayfish tails and put very small cold poached eggs, covered with sauce Chauffroid with shrimps butter. Fill with jelly. Let it get hard and remove from mould on a round plate. Serve in center a foam of salmon decorated with motives of smoked salmon or truffles. (See illustration, page 146.)

Eggs "à la Frou-Frou." — Cold poached eggs, napped with hard mayonnaise, sprinkle some cut hard-boiled egg yolk. Place around a salad of green beans and asparagus points, mixed with a hard mayonnaise. These sorts of eggs are only to be made at last minute as the mayonnaise can become liquid, unless when gelatine is put, but this is not good and must be avoided when possible. (See illustration, page 147.)

Eggs en cocotte "à la Jeannette." — Nap eggs with white sauce Chauffroid. Decorate bottom with round of truffle. Place an egg in each cocotte and with forcing-bag and a ribbed fancy-pipe put on border of cocotte a small lace of buttered goose-liver mash. Terminate in putting jelly in the cocottes and put on ice. Serve on a serviette. (See illustration, page 145.)

This in order to use a small remnant of goose liver.

Eggs filés "à l'Espagnole." — Used as garnishing or for soups. Place in a small pot 5 egg yolks, to which a full egg is added. Whip all, simply to mix, but not messing. Prepare apart in a pan 1/2 lb. sugar to which will be added 1 tea-cupful water, prepared in syrup and cooked "au soufflé" and drawn back on side of the fire. The mixed eggs will be placed in a sort of funnel, having 4 or 5 fine beaks and placed above the pan containing the boiling syrup. When the eggs mixture is going through the beaks, a circular movement is made to the funnel, in order that mixture falls in spirals in the syrup. Let it poach, during 2 or 3 minutes and remove with a skimmer. Plunge into cold water, drop it on a cloth and let it dry. This sort of eggs "filés" obtained from Spanish cooking, are usually used to garnish ham. Without such a funnel, these eggs "filés" can easily be obtained with one or several strong paper cornets.



SALTWATER FISH

The eating of saltwater-fish was not so important half a century ago, and except in great towns fish was not well known. This not only for the good reason that railways could not entertain a sufficiently rapid transport, but also as necessary material and methods of conservation were not sufficient enough to insure the freshness of this food, particularly perishable.

Actually, frigorific waggons are used everywhere and saltwater fish can be delivered in the country's inland.

Further an intensive propaganda has been made, to which the Cordon Bleu and the author of this book have taken an active participation, either during gastronomic meetings or either during fairs, exhibitions, etc.; which have had the result to recall the great value of saltwater fish. The eating of fish has therefore been greatly extended. We must be very pleased of the intensive using of fish, which enables us to have further possibilities of cooking and which have had agreeable repercussions of economical order.

Fish is light and digestible. Being phosphorous, it reinforces bony structure of children and being digestible, it is indicated to be used by old people. As regards the adults, they have to gain in eating more frequently saltwater fish.

The different methods of cooking are as follows : Boiling — grilling — poaching — baking — broiling — cooking with butter in a pan, called "à la Meunière."

Boiling

Proportions for boiling are as follows (this will be increased or reduced according to the size of fish or of the pan in which fish will be cooked). 1 imp. Gall. and 2 1/2 pts water, 1/2 pt. vinegar, 7 ozs rounds of onions, 5 ozs grey salt, 1/2 oz pepper (in grains), 3 or 4 cut shallots, a bunch of herbs and 4 cloves.

Boil all during about 3/4 hour and let it get cold. The boiling is ready for any fish.

When boiling fish, ebullition must be avoided, in order not to destroy the flesh. The pan must be placed on side of fire without ebullition, and this during the necessary time according to size of fish.

Fish is always put in cold cooking, except if it is necessary to deal a rapid cooking, when fish is not too fresh. In this case very hot boiling must be poured on fish.

When fish is to be served cold, it is necessary to keep it until cold in its cooking, in order to avoid dryness of fish, produced inevitably by the evaporation. Coolness must be obtained out of boiling, in covering fish with a wet cloth.

Nota. — Boiling for Turbot and Brill wants only water, salted and added with cleaned and cut lemon; this in order to render the flesh of fish more white.

Braising of fish

This method of cooking applies to complete fish or in slices, such as : carps, salmons, trouts, turbot, sturgeons, pikes. The center of pan or plate (fireproof) is garnished with butter on which are placed carrots, onions, bunch of herbs, shallots, all lightly tossed in butter. Fish is put thereon, then recovered with small slices of bacon and with white or red wine, in half of its height, according to the sauce for accompanishing, and sometimes with stock in equal parts. Season with salt and pepper in grains and after boiling on fire, place it in slow oven. Sprinkle very often with sauce, according to nature and size of fish.

Braising fish is often despoiled on all or parts of its length and flesh is garnished with truffles, anchovy filets, gherkins, lardings. Cooking of braised fish is always accompanied with sauce and this one is often the cooking, well mixed and buttered.

Poaching of fish

Poaching is cooking obtained with very little liquid and without pronounced ebullition. Poaching applies for cooking of soles, trouts, turbot or for filets or slices of fish.

For fish having white flesh, it is good to place it in cold water, in order to exclude the blood. On warm time, in case fish is not of an irreproachable freshness, this method must not be used, unless with very cold and salted water, in order to strengthen the flesh.

Fish or filets of fish are placed in a pan, buttered in center and on which are placed, following the case, onions and chopped shallots. Season with salt and pepper.

Frying

Better way for cooking of frying fish is with oil. Degree of heating for frying must be observed with size of fish. When fish is small, frying must be much boiling in order to seize and stretch out immediately the fish. When

fish is bigger, place it in not so warm frying and increase heating in order to have boiling frying when cooking is nearly obtained. When fish is a little bigger (about 5 ozs) make on each side more profound and rapproached incisions, in order to enable the frying. (See illustration, page 17, fig. 1.)

A recommendation is necessary. A certain quantity of frying is necessary, in order that fish is well bathed. Quantity of fish must not be greater in order not to have coolness of fish, which would be disastrous for results. Before frying fish, pass it in salted milk and roll it in flour.

Grilling

Fish for grilling must be covered with flour, and then copiously oiled, in order that skin does not make adherence to the grill. Grilling must be prepared in advance in order to be well adherent and heat the grill before putting the fish. Let it cook before returning in order to obtain marks of grill — which constitutes for fish a certificate of cooking — then salt and oil it once or twice during cooking, in order to avoid dryness.

Put it on a warm plate. Grilled fish is accompanied apart with a sauce or with a butter "maitre d'hôtel."

Cooking with pan, called "à la Meunière"

This method of cooking applies for fish not exceeding about 5 ozs or even for large fish cut in slices. Prepared like this, trout of freshwater is very good. All fish to cook "à la meunière" are placed in milk and rolled in flour. Put them in a pan containing boiling butter, but not colouring and in a certain quantity, without bathing. Salt during cooking and return when well glazed. They must be prepared at the last minute, in order not to be soft. Put on a plate, powder with chopped parsley and sprinkle with lemon's juice and a good quantity of hazel-coloured butter.

Place on border, slices and quarters of lemon. When fish is somewhat great, make incisions as stated for fried or grilled fish. The hazel-coloured butter is butter well cooked in a pan, without being black.

How to buy, clean and gut the fish

It is necessary to see first the freshness of fish. Fish must have a brilliant aspect, gills very red, flesh very firm and a glutinous skin.

Fish must be shelled before being emptied. There exist very practical knives for the shells. Cut then the flippers with strong scissors together with tails in half their length. Empty the fish, in taking out the fills and then the bowels, with fingers. Open lightly the abdomen in order to empty it well. Wash rapidly in cold water. Fish is then ready for cooking.

Nota. — In order to empty big fish, handle of a skimmer can be used. (See illustration, page 18, fig. 4.)

Grilled shad "à l'Anglaise." — Make incisions, oil and slowly grill. Serve with melted butter and potatoes "à l'anglaise."

Shad with sorrel. — Place the shad in a long stewpan, then cover center with rounds of onions and shallots, slowly tossed in butter. Cover with 1/4 bottle of good white wine. Season and cover with oil. Marinate 2 hours. Boil on fire, cover and place it in a stew-pan in oven during one little hour, maintaining always a very slow cooking. Put the shad on sorrel with cream, reduce to a syropous state, in order to glaze the shad.

Shad with sorrel (2nd recipe). — Melt 2 lbs cleaned sorrel with a piece of butter and 3 finely chopped onions. Complete in seasoning with salt, pepper and crushed garlic. Add some parsley, toss the shad in butter and braise during 1 hour 1/2 in the sorrel and well cover. Serve if possible, in the cooking pan.

Bass, grey mullets, loupes de mer. — Small fish of this kind are fried, braised "à la Meunière", or poached. Bigger are boiled or braised and served with any one sauce. They can also be prepared cold.

Roasted bass. — Make incisions, cover with flour, oil and put on a plate or a long plate-iron, warmed and well buttered, in order that fish makes no adherence. Lightly salt and put in warm oven, sprinkle frequently with melted butter and cook during 45 or 50 minutes for a bass of 3 pounds. Serve it well glazed with a sauce or a butter "maître d'hôtel".

All big fish can be roasted in this way, season it on several times, but not too much at once, and sprinkle with butter.

Poached bass, sauce Chivry. — Boil the bass and serve with a sauce Chivry and if desired with potatoes. All sauces apply for the bass.

Brills. — This excellent fish is prepared in the same way as turbot. If entire brill is cooked, do not forget to shell it.

Fillets of brills receive same method as fillets of soles (see far away). Fresh of brill is more soft than the one of turbot, unless the latter is generally preferred.

Boiled in whole, it is served on serviette, garnished with curled parsley, making an aureola. Add some slices of lemon upon and a Dutch sauce. The same applies for the turbot.

Brill, owing to its finess, is often used in very fine dinners, it is shown on the menu under different names, determined by its cooking.

Stuffed brill "à la Denise" (Rich cuisine). — Prepare and clean a brill or a turbot of four pounds. On the black side, make an incision in the middle and hold up the fillets in order to keep the central arête so near of the two



Fig. 139. — Soles "à la Suchet" (see page 191).

Fig. 140. — Red mullets "à la Catalane" (see page 184).

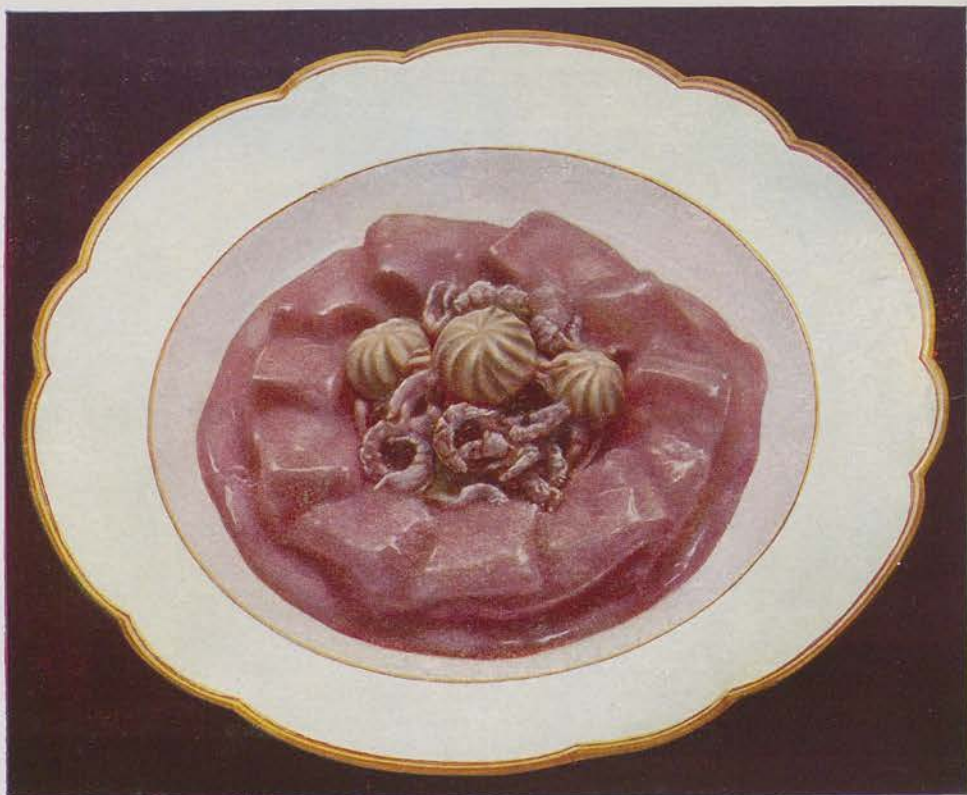


Fig. 141. — Turban of soles fillets "à la Joinville" (see page 195)



Fig. 142. — Soles fillets "à la Bourguignonne," called also "à la Mâconnaise" (see page 186).



Fig. 143. — Turban of soles fillets "à la Carmélite" (see page 195).



Fig. 144. — Soles fillets with white wine and mushrooms (see page 191).



Fig. 145. — Soles filets "à la Paillard" (see page 194).

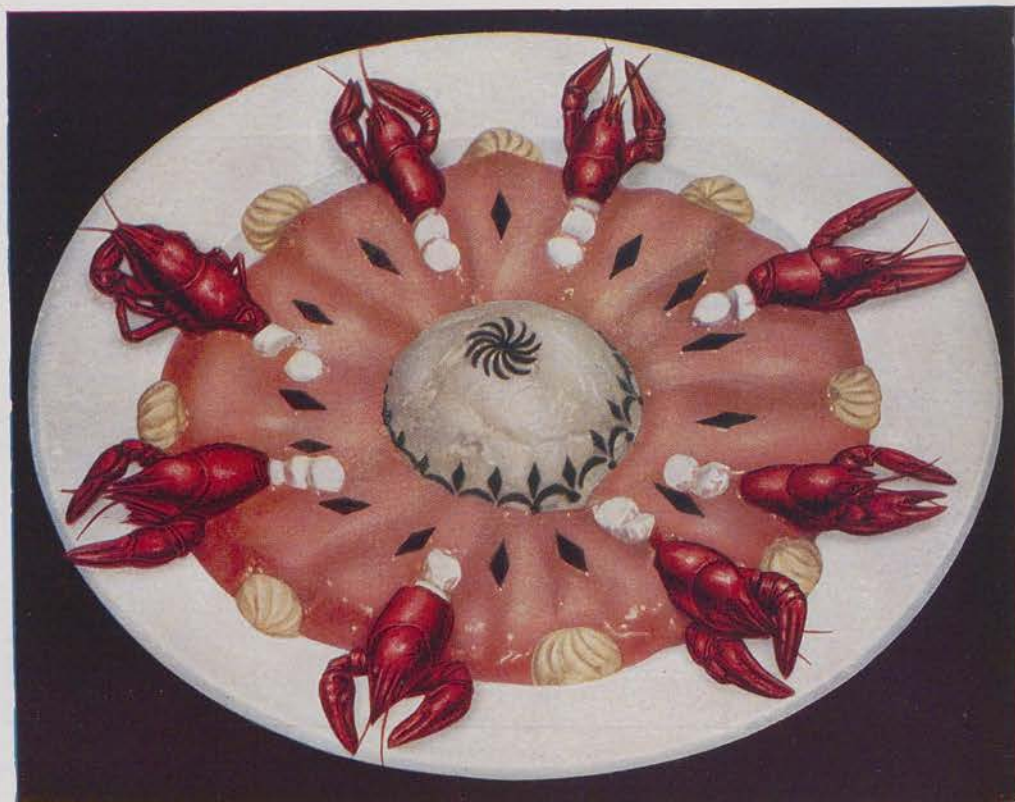


Fig. 146. — Sole filets "à la Belle Aurore" (see page 192).

ends. Prepare a mixture composed of 10 ozs of whittings flesh, salt, pepper and two whites of eggs. Pass to the tammy and put this mixture on ice with 10 ozs double cream. Add little by little a cold mash prepared with 8 ozs. very white mushrooms passed through the tammy, cooked in butter and cold. Garnish interior of fish with $\frac{3}{4}$ th. of this mixture and let it poach with a bottle of white wine, carcass and fragments of fish, onions, shallots, parsley, salt and pepper. Reduce the cooking and add 8 ozs double cream and a few spoonful Béchamel, relieved with paprika. Surround with quenelles made with remnant of mixture. (See illustration, page 148.)

Fillets of brill "à la Dugléré." — Same proceeding as for the fillets of soles, under the same heading.

Fillets of brill "à la Chauchat." — Keep fillets of a brill of about 2 lbs. Pass it in usuel boiling, with fragments, bones, etc... Pass the boiling on brill's fillets recover with buttered paper and poach it in oven, during 15 to 20 minutes. When cooking is well reduced, make a Béchamel, mixed with egg yolks and apart from fire. Place on butter and season. Put the brill's fillets on a long and large plate, surround them with a crown of slices potatoes cooked in water "en robe de chambre." Recover fish and potatoes with rasped cheese and nap with sauce. Place upon some rasped cheese and bread raspings, sprinkle with melted butter and gratin. Serve very warm, when drawn back from oven.

Suprême of brill "à la Cambacérés" (Rich cuisine). — Keep fillets of a great brill about 4 $\frac{1}{2}$ lbs. To make it well, it is necessary to separate the head with a flexible knife, keep fillets in beginning with middle of the fish and slide further the knife, lightly ploid, along the bone until the end. After fillet is separated, slide the knife between skin and flesh, keeping skin side on the planck and the knife very low, going from tail to head. Wash fillets, together with bones and heads (emptied with their gills). Make a flavour of fish with white wine or madeira and cook during $\frac{1}{4}$ hour. Cut finely in Julienne 2 ozs well red carrots, 1 oz onions, the white of two leeks, 1 oz. mushrooms and a truffle. Put this Julienne in a casserole with warm butter, season with fine salt and cover the vegetables which must stew slowly in oven during about ten minutes. Place thereon the flavour of fish, strained through fine tammy; after that all is stewed during a moment lay it on brill's fillets placed in a fireproof plate, poach during fifteen minutes without boiling. Draw up then the brills fillets and put them on a plate. Reduce further on quick fire the cooking of fish and add 9 ozs. thick cream and half a cup of Béchamel sauce; relieve seasoning of this which must be creamy and pour it on the fish, without straining it; vegetables must remain in this very good sauce.

Surround the fish with 12 nice heads of mushrooms, grilled with shrimps and mixed with shrimp sauce.

Puffed brill Victoria (Rich cuisine). — Prepare a brill of 3 pounds such as for the brill "à la Denise," season with flesh of this brill and garnish center in place of the bone with 12 ozs of "zéphyr" mixture, composed if possible

with 7 ozs salmon (or with another fish, pike or even colin). Replace the two fillets and poach the brill in oven with a sunk plate where it is well, add a bottle of white wine and habitual seasoning. Cover the fish which must not bath with a buttered paper. Put it in warm oven, and sprinkle very often in raising the paper. Cooking during 40 or 50 minutes. Place delicately the brill on warm plate. In order not to destruct the fish, a cover of casserole must be taken in each hand and fish must slide thereon (one under the head and other under the tail). Let it well drop and plate being ready, it is only sufficient to put the fish thereon. Nap the fish with Cardinal sauce in which the reduced cooking will be added. Put upon some small scallops of lobster and a slice of truffle from part to part. Serve with sauce apart. This dish is for ceremonious dinner.

Brill or turbot "à l'Amiral" (Rich cuisine). — Same proceeding of cooking and same sauce as hereaboveto, in which a lobster butter is added.

Garnishing is composed of flesh of a lobster of 1 lb. 5 ozs mussels "à la Villeroy" and small puffed "bouchées" full with shrimps, mushrooms and slices of truffles. Proportions : about ten puffed "bouchées," twenty great mussels or poached oysters with white wine, dropped, sponged, floured and covered with bread crumbs and a dozen nice white mushrooms channelled and cooked with water, salt, lemon and butter. Nap with Cardinal sauce. (See illustration, page 149.)

Brill "à la Théodora." (Rich cuisine). — Can be made with fillets which would be reconstituted in an oval plate. Fish not exceeding 3 pounds can only be presented or then use the fillets.

Poach the fish in oven with half a bottle white wine and cover with oiled paper. Sprinkle and lightly salt on several times. Prepare a mixture of potatoes croquettes and add a handful cleaned tails of shrimps.

Make small croquettes having the form of pear, cover them with bread crumbs and fry in oil at the last minute. Make a sauce with white wine when cooking is reduced and in 5 spoonfuls of this sauce add a good spoonful of reduced tomato mash and a drop carmine. Nap with white wine sauce. (See illustration, page 148.)

Brill or turbot "à la Tosca" (Rich cuisine). — Cooking of fish and white wine sauce, as above. Reserve $\frac{1}{3}$ rd of this sauce, add tomato mash and some paprika. Make about twenty quenelles with spoon with quenelle's mixture of fish.

Then prepare the fish, nap with white wine sauce, surround with quenelles and nap with tomato sauce. Garnish with mushrooms and shrimps tails. Serve very warm. (See illustration, page 163.)

Haddock, cod, colin. — These three fishes, particularly the two first, have between them a great affinity. Haddock and cod are known as salting under the name of smoked cod (morue); although this one is a fish found in very cold seas. As regards colin, which pertains to the family of "gadidés," its flesh is more appreciated.

They can be boiled, either in whole or in slices and can be prepared with any sauce. They can be made in fillets, or fried, or grilled.

Cod or colin "à l'Anglaise." — Boil the cod, place it on a serviette with a bunch of curled parsley, on each end; serve with a timbale of potatoes "à l'anglaise" and a saucenpanful of melted butter. (See illustration, page 150.)

Fried cod, sauce Tartare. — Detail cod in slices about 1 inch. thickness. Put egg and bread crumb on the slices. Cook them in a frying pan and serve on a serviette with fried parsley. Sauce Tartare apart.

Cod "à la Mistral." — Put two slices of cod in a sunk plate, when floured and tossed in oil. Fry then in the remaining oil 9 ozs cleaned and hashed tomatoes and 5 ozs minced mushrooms, some garlic, salt, pepper, parsley. When all is well melted and seized, water with a glassful white wine and pour all on the fish, powder with bread raspings, put oil and gratin in oven during 15 to 20 minutes. The following recipes given for the colin are also applicable to the cod and lote.

Fillets of colin "à la Bercy." — Keep the fillets of colin and prepare a savoury with carcass and remnants. Toss in butter a spoonful chopped shallots, water them with some white wine and reduce to half; add the fish savoury, salt, pepper and lemon juice, chopped parsley, then a good piece of butter mixed with a spoonful flour. Give one or two simmerings and pour on the fillets of collin put in a gratin plate; powder them with bread crumb and gratin in hot oven. Place chopped parsley, when serving.

Fillets of colin "à la Bretonne." — Same proceeding as for fillets "à la Bercy," but adding to the sauce a Julienne of cooked vegetables, with butter, in a well closed casserole. Then gratin.

Fillets of colin "à la Florentine." — Poach the fillets of colin in white wine, place them on leaves of spinages, cooked in salted water and tossed in butter. Copiously nap with a thick sauce Mornay. Sprinkle some rasped cheese and gratin.

Nota. — All fillets of fish can be prepared in this way.

Colin can also be prepared in slices "à la Meunière" or its fillets can be served as the fillets of soles.

Bloaters. — These are smoked herrings. They are grilled in butter, accompanied with melted butter and potatoes "à l'anglaise."

Small plaices (carrelets) and dabs. — This is an economical cuisine. They are fried, but sometimes they can receive same preparation as for the fillets of soles, which they could not replace as their flesh is not very firm.

There are two sorts of dabs; one of these is called : dab-sole.

The small plaice has some orange spots on its black epiderm and a soft flesh, without consistency. It is generally fried, but it can be prepared with gratin and a good brown sauce with mushrooms.

Conger. — The congers or eels of salt-water are generally boiled and accompanied with caper sauce. They can also be roasted, in great pieces after being larded. Recipes for cod and colin can also be applicable, but as this fish has many bones it is not agreeable to make fillets.

John-Dory or Bream. — The John-Dory is boiled or grilled. In this last case, some incisions are necessary and it is very often sprinkled with oil during its cooking. Served with Parsley sauce. (Sauce Maître d'hôtel).

John-Dory "Bercy" with mushrooms. — Same preparation as for fillets of colin with minced mushrooms. (See illustration, page 150.)

Roasted John-Dory. — The gross John-Dory is very good when roasted. Recover it with a slice of bacon and roast it, sprinkling often with butter. When it is cooked, the bacon is melted and it must be well glazed. Put it in a plate, remove the grease and add like a nut of butter and half a cupful cream. Add some pepper on the John-Dory, when serving.

The John-Dory can also be prepared "à la Bercy" and according to recipes given for the colin, either in whole or in slices following its size.

Fried smelts. — Put milk on the smelts and also flour. Plunge them in boiling frying, not much at once. It is necessary to cook them at last minute to be crusty. Prepared in bush on a serviette, with fried parsley and lemon. Sometimes, they are recovered with bread-crumbs "à l'anglaise."

Sand-Eel or fried launce. — This very curious fish which has form of a very small eel, is prepared fried. Served very crusty, it is very good. Treat it as for smelts, but not cover with bread-crumbs.

Haddock. — Very fine dish for people who like smoked taste. This is a small cod or haddock, open in two parts and smoked.

Grilled : it is too dry and boiled, it has no form.

Our method is as follows :

Water the haddock with some cold water. Put it in very hot oven during 8 to 10 minutes. Cooked in this way, it is between the grilling and the boiling. Serve with melted butter and potatoes "à l'anglaise." It is sometimes accompanied with Egg sauce.

Herring. — Fresh, salt or smoked, it is very considerably eaten. When it is well fresh, with full flesh, on the time where it has full roe or eggs, its flesh is very fat and it constitutes an excellent food.

Grilled herrings, Mustard sauce. — Empty and wipe the herrings, cover them with flour, oil, and grill or cook them in the pan as for the "meunière." Serve together with a Mustard sauce.

Whittings. — Also a popular fish, but more fine and delicate than the herring. The cuisine has very extensively use it, either for stuffing or for different dishes.

Fried whittings. — Put the whittings in milk and flour, fry them in boiling frying in order they are well hard. Serve with fried parsley, quarters of lemons and if preferred with a Remoulade sauce.

Whittings "à la Bercy." — Proceed as for the fillets of colin. If there is no flavour of fish, it can be replaced by stock or even water.

Whittings, recovered with bread-crumbs and put in Cirelet. — Recover the whittings with bread-crumbs "à l'anglaise," put them in circlet, in putting them to bite their tail. Fry and serve with fried parsley and lemon. (See illustration, page 18, fig. 3.)

Whittings "à la Colbert." — Cut the whittings on the top and extract very carefully the bone. Season, put them in milk and flour, then recover them with bread-crumbs "à l'anglaise" and fry them. Serve on a serviette together with a Colbert sauce.

Whittings "à l'Anglaise." — Proceed as for the whittings "à la Colbert," but cook them with butter in the pan, instead to fry them. Serve with melted butter or maître-d'hôtel and accompanied with potatoes "à l'anglaise."

Whittings with white wine. — Poach the whittings in white wine with two shallots in rounds, then nap with a well buttered white wine sauce. Some cooked mushrooms can be added to the sauce.

Whittings "à la Dugléré." — Same preparation as for the soles under this name. (See illustration, page 164.)

Whittings "à la Dieppoise." — Proceed as for the whittings with white wine, adding a "dieppoise" garnishing, i. e. mussels. Nap with white wine sauce and sprinkle some parsley.

Whittings with fine herbs. — Same proceeding as for the fillets of mackerels under this name.

Whittings sur le plat (whittings minute). — Sprinkle a pinch chopped shallots on bottom of an earthenware plate; place the whittings seasoned and cut. Recover them copiously with white wine, add some chopped fine herbs. Powder with bread raspings, add melted butter and put in very warm oven.

Whittings with Gratin. — Prepare the sauce in the following way : hash and toss in oil 4 ozs raw mushrooms. Pour after a coffee-spoonful chopped shallots, then 2 minutes after half a glassful white wine. Reduce all to half, add 1 tea-cupful half-glaze, a spoonful tomato mash, season and complete with some chopped parsley. Pour this sauce on 4 whittings placed in a gratin plate; powder them with bread-crumbs, sprinkle some melted butter and put in warm oven in order that cooking is made at the same time as gratining.

Sprinkle with lemon juice and chopped parsley, when serving. (See illustration, page 164.)

Nota. — All fishes treated in this manner have to be copiously sauced, as fish cooked in sauce, absorbs a great quantity. Sauce must not be too thick.

Fillets of whittings "à la Orly." — Keep of the fillets of whittings and detach the skin, with a plat knife. Separate in two parts these fillets, mace-rate them with some chopped parsley, lemon juice, salt and pepper. Put them in frying paste, fry and serve with a tomato sauce, apart.

Quenelles of whittings in sauce. — These quenelles are made with stuffing or with panada, or with stuffing "mousseline." They are moulded with soup-spoon or in small boat moulds, cooked in water and served napped with fish sauce. A sauce Nantua, Shrimp, White wine, Soubise, Mornay, etc., can be served or these quenelles can be placed in a vol-au-vent, a croustade or as garnishing for great fish.

Saltwater lote. — The flesh of lote or angler is white and ferm, but gives much water when cooked. It must not therefore only be prepared with a sauce (as for the colin) which must be thick and not too abundant. This fish cannot be fried, nor prepared "à la meunière."

Mackerel. — This esteemed and fine fish does not suit with delicate stomachs as it is too fat and laboriously digestible. The best are the small "dieppois." This fish is very abundant in our markets, on spring time.

Small grilled mackerels "Maître d'Hôtel." — Recover with flour, oil and grill them. Place them in a warmed plate, sprinkle with some melted butter "maître-d'hôtel" and some chopped parsley.

Nota. — If mackerels are too great, split them in two parts, leaving the two halves joined by the abdomen and cut the central bone in two parts in order to facilitate cooking of this side which is more thick.

Great boiled mackerels. — Great mackerels cut in pieces and cooked with salted water, vinegar and parsley. Make a white sauce in which some cooking of fish will be added and a strong pinch of chopped parsley.

Mackerels "à la Vinaigrette." — Cook in salted and vinegared water the mackerels, either in whole or cut in pieces. Drop them, clean them and recover with a vinaigrette sauce, added with fine herbs. Can be served warm or cold.

Mackerels fillets Mireille. — Cook in the pan with boiling oil, and place them on a plate. Then cook in boiling oil some mushrooms, onion, shallot and some chopped garlic. Toss all and pour on the fillets, sprinkle some boiling vinegar and surround the fish with cut tomatoes, tossed in oil and some parsley on the all.

Fillets of mackerels "Vénitienne." — Poach the fillets with white wine and nap them with a sauce "Vénitienne," added with reduced white wine. Sprinkle some chopped chervil and tarragon and a border of potatoes "à l'Anglaise."

Mackerels or fillets of mackerel "Meunière." — Proceeding as for fish "à la meunière," carefully cut the fish.

To Keep of the fillets of mackerels. — In order to have fillets of mackerels, whittings, John-Dory, etc., it is necessary to cut the head, then place the fish well flat on the planck, press with the left hand and with the right hand slide a knife along the bone, from tail to head. For soles, brills, turbot, which have not same structure, the operation is different.

Smoked cod (morue)

This fish is eaten in very great quantity. In Italy, in England, and principally in America, it is very much appreciated. This is a food of first order, reconstituting, nutritive and healthy, having an alimentary value superior in calories than the beefmeat.

Smoked cod "à la Marinière." — Cook in much water a good pound dry smoked cod, without boiling. Put in it cold water and when water begins to have some simmerings, put it on side of fire and let it poach 15 to 20 minutes. During this time, cook in white wine 1 3/4 pt. mussels. With this cooking and some milk, make a light sauce, well buttered, not too salted. Prepare the smoked cod and surround this with cleaned mussels and recover with sauce. Sprinkle some parsley (The smoked cod has to remain in water during 24 hours).

Smoked cod in turban Parmentier. — Prepare on a gratin plate a border of Duchess potatoes, place in center some smoked cod, nap with Sauce Mornay and gratin in very hot oven.

Smoked cod "à la Ménagère." — This is the most esteemed recipe.

Cut in quarters a fillet of smoked cod which has been put in water during 24 hours. Poach these quarters in water during 1/4 hour (without boiling). Cook potatoes "en robe de chambre." Toss in butter without giving colour, add a big chopped onion, powder with flour, water with milk. Season and boil this sauce during 1/4 hour. Cut the potatoes in round, place them in a hollow earthenware dish, put the pieces of smoked cod, well cleaned, and all with sauce and let it stew during about 10 minutes.

Tossed smoked cod "à la Lyonnaise." — Cut in pieces 1 lb. fillet of smoked cod, flour and cook them lightly in butter.

Mince 3 onions and give them colour in butter, add some rounds of potatoes, cooked in water, then add the well cleaned smoked cod. Toss them some minutes and sprinkle with some vinegar. Pour on a warmed plate and serve with chopped parsley.

The smoked cod can also be cooked with butter in the pan, but its salt is to be well removed.

Smoked cod "à la Bénédictine." — Poach 1 lb. smoked cod and crush it in a mortar with 7 ozs cooked and well dried potatoes. Work this mixture with the crusher and add little by little 6 table-spoonful oil and a tea-cupful milk. Season this mixture. Then add 1 deciliter well firm whipped cream. This mixture is generally used as garnishing for croustades, etc... It can be served when put in a well gratin buttered plate, recovered with melted butter and gratined in very hot oven.

Smoked cod "à la Biscayen." — Cover the pieces of smoked cod (when salt is removed) with flour and toss them in broiling oil. Remove the smoked cod and pour in the oil cleaned and cut tomatoes. Add salt, pepper and crushed garlic. Put on the smoked cod the tomatoes when cooked, which will constitute a sauce. Add some chopped parsley.

Smoked cod with black butter. — Proceed as for the skate with black butter.

Smoked cod "à la Fermière." — Cook the smoked cod, together with potatoes in oven, and carefully crush all. Add fresh butter, parsley and chopped garlic. Same quantity of potatoes and cod. Some cream or milk. Put in a gratin plate. Powder with cheese and bread raspings, add some oil and gratin in very hot oven.

Brandade of smoked cod. — 1 lb. white smoked cod; let it poach without being too cooked. Put in a casserole containing 6 table-spoonful broiling oil and some garlic. Work with spatula for crushing it and add 1 tea-cupful olive oil (2 spoonful at once). After 6 spoonful oil, add 3 spoonful boiling milk in order to have a paste having the consistency of potatoes mash and containing in total about 1/2 pt. oil and 1/4 pt. milk. Season. Prepare the brandade in pyramid and garnish with croutons fried in oil. Milk can be replaced by some sweet cream.

Brandade of smoked cod (2nd recipe). — Poach during 15 to 20 minutes 1 lb. smoked cod (removed of its salt), drop it, clean it and put in a casserole containing a spoonful lemon juice and 4 ozs butter. Heat all and work until butter is absorbed. Crush in a mortar 5 ozs potatoes mash, add little by little 5 ozs oil and after a reduced Béchamel sauce, always in working the mixture. Put in a casserole and on fire. Heat the brandade and add by small quantities, 1 tea-cupful double cream. Season to taste.

Cadgery of smoked cod. — Cook the smoked cod. Prepare a Béchamel, not too thick, with 3 hard-boiled eggs and 7 ozs rice "à la Créole."

Dispose in a timbale a couch of rice, a couch of smoked cod and some rounds of hard-boiled eggs. Nap with Béchamel and continue to place alternative couches for terminating with sauce. Serve when very warm.

Nota. This recipe is good for all sorts of fish: salmon, turbot, colin, etc... as well as the following recipe.

Fritters of smoked cod or fish-ball. — Hash or finely crush remnant of smoked cod and mix an equal quantity of Duchess potatoes, some chopped onions cooked in butter, 2 spoonful Béchamel sauce and a full egg for about 1 lb. of this mixture. Make some croquettes with this hash which are rolled on the floured table, giving form of galette thick about 1 inch. Cook them in boiling frying and serve apart either melted butter or cream sauce. (See illustration, page 119.)

Red gurnets (or red mullet-red gurnet). — Everyone knows this big red mullet which is cheap in our markets. This is a common fish, but which when prepared with a good sauce can be an excellent family dish. It is indispensable in the "bouillabaisse."

The red gurnet is better than the grey, but this fish cannot be compared to the small red-mullet of the Mediterranean sea, known under the name of red mullet-barbet and in the Channel under the name of surmullet.

Red mullet-barbet. — This delicious fish is very much used on the Côte d'Azur, where removed from water it is wiped put on grill with simply a veil of flour but not emptied. It is called at Nice the sea-snipe and its presentation is very simple.

Grilled red mullets "à la Maître d'Hôtel." — Proceed as for mackerel "à la maître d'hôtel."

Gratined red mullets. — Same proceeding as for whittings with gratin.

Red mullets "à la Meunière." — Same proceeding as for all fishes "à la Meunière."

Red mullets "Monte-Carlo." — Grill them and put them on slice of bread, cut in form of fish, fried in butter and covered with anchovy butter. Surround them with a crown of Straw-potatoes and recover with butter "maître d'hôtel."

Warm red mullets "à la Niçoise." — Cover the red mullets with flour and cook them in very hot oil, in the pan. Serve them on a long dish and pour thereon cleaned tomatoes, cut and tossed in oil with some garlic, some anchovy fillets and a dozen stoned olives. Sprinkle some cut parsley and some slices of lemon.

Red mullets "à l'Égyptienne." — The real method used in the restaurants consists to place the red mullets in long small paper boxes which are made according to size of fish. Toss in oil 1 lb. cleaned tomatoes, cut in quarters; season them with salt, pepper, chopped parsley and some crushed garlic. Toss in oil 6 or 8 small red gurnets, cleaned and floured. Place in bottom of a long gratin plate the half of tomatoes on which are put the red mullets, cover them with remnants of tomatoes; sprinkle some bread crumb and gratin in very hot oven. This will be less complicated than to make small boxes.

Red Mullet "à la Catalane." — These are small red mullets-barbets of 2 ozs each prepared "à l'Égyptienne" but they are surrounded with a border of rice pilaff mixed with fillets of green pimento berries, grilled and very finely cut. Sprinkle some chopped fennel on the fish. (See illustration, page 171.)

Mullet. — Fish of bad quality unless its high price... It is sometimes used instead of the bass of which it does not possess the qualities. Prepared grilled, fried, "à la Meunière," or boiled, or served cold with a vinaigrette sauce.

The Saint-Pierre. — This fine fish is not well known. It is very ugly, so ugly that the story teaches to us that St. Peter having removed this fish from water, did not want to keep it and keeping it delicately between the thumb and the forefinger on each side of its body, he rejected it in water. The skin of this fish has conserved marks of fingers which were transmitted to its descendants and this would explain the black blots found on its grey skin.

The Saint-Pierre is very indispensable for the "bouillabaisse." Its flesh can be used for very fine stuffings and its fillets are treated with all method.

Sardines and Royans. — These small fishes are emptied and wiped, but not washed as this operation would render the flesh somewhat soft. In cuisine, they receive several preparations, too much complicated for family homes.

The soles

The sole is certainly the most esteemed fish, the one preferred by epicures. The cook-women appreciate it well as its resources are numerous.

First, the method to keep off the fillets must be explained (see illustration, pages 19 and 20). Cut obliquely the head, as side opposite to the abdomen must be longer as the fillets reach near extremity of the head. Then make a cut on side of black side, in middle of the tail; scrape with the knife for removing well the skin, then with a cloth (in order that sole does not slide from fingers), keep quickly from tail to head, maintaining the sole with the other hand. The operation must be rapidly made; then cut the lateral fins and empty the fish which will be washed and wiped.

Same proceeding applies for the two sides, cut the sole along the bone and slide the knife in order to separate the fillets without cutting the bone and without leaving flesh upon. A knife lightly flexible is necessary.

Each sole gives 4 fillets and the habit is to count 2 fillets per person when taking a basis of soles about 10 ozs each.

Nota. — The bones and carcass are used to make the flavour of fish, which will be used for the cooking of fish or for preparation of sauce.

If the sole is to be entirely cooked, the black skin is only removed and the white skin is scaled. Cut the lateral fins all round the body. Cut the head obliquely (do not keep it as it would give a bitter taste to the fish).

Fried sole with lemon. — Wash and sponge the soles. Put them in a plateful cold milk, lightly salted and then roll them on the two sides, in flour. This will constitute a light croûte which will be glazed when cooked.

Plunge them in a good quantity of boiling frying (oil is preferable), keep them off when they are well glazed, hard and crusty; drop them in a cloth and powder them with fine salt. In the boiling frying, pour a handful cleaned parsley, well sponged and lay it only a second, keep it off with skimmer and put it again in the broiling oil one minute after. These two operations will give a very green fried parsley, very crousty. If kept too long in the frying it would become black.

Prepare the soles on a long plate garnished with a serviette and surround them with fried parsley and pieces of lemon. Serve immediatly.

Sole "à la Meunière." — Same proceeding as for all fishes treated according to this method of cooking.

Sole with gratin. — Proceed as for whittings under this name.

Sole with white wine. — Proceed as for whittings under this name.

Soles sur le plat. — Proceed as for whittings.

Sole Colbert. — Remove the black skin and scale the white skin. On the removed side, keep lightly the fillets without entirely separate them. Break the bone on two parts in order to remove it after cooking, then pass the sole in-milk, flour and bread crumb. Fry it and when it is well cooked, remove the bone without damaging the fish and replace the bone with Colbert butter.

Sole "à la Dieppoise." — Cook 1 3/4 pt. mussels with some white wine, pepper and minced shallots; poach the sole with cooking of mussels and make then a well buttered sauce Béchamel with this cooking. Clean the mussels, put them around the sole and nap all with the sauce. Sprinkle some chopped parsley.

Sole "à la Fécampoise." — Same proceeding as for the sole "à la Dieppoise," but add some cleaned shrimps to the mussels garnishing.

Sole "à la Florentine." — Proceed as for fillets of colin under this name.

Sole "à la Dugléré." — Put in bottom of a gratin plate a finely minced onion, 1 or 2 cleaned and cut tomatoes and some chopped parsley; put the sole, season and add a glassful white wine, then let it poach in oven.

Reduce of half the cooking (tomatoes included), and mix it with a spoonful tomato mash and a good piece of butter, mixed with a pinch flour. Lay this sauce on the sole, sprinkle some bread crumb and bake it 5 minutes in very hot oven.

Different fishes can be prepared in this way, but if they are too great, they must be cut.

Sole "à la Mornay." — Poach a sole with white wine, then reduce the cooking and add a Mornay sauce. Nap the sole, sprinkle some rasped cheese and glaze it in very hot oven.

Grilled sole. — Cut the sole on the two sides, obliquely in order to have a checking. Cover with flour, oil and grill in covering sometimes with oil. Put on a warm plate with a border of parsley and place on the sole three thin slices of lemon. Serve with melted butter or apart "maître d'hôtel" butter (See illustration, page 188.)

Sole "Mâconnaise." — Poach the sole well seasoned in red wine, then reduce to half the cooking. Add a good piece butter, mixed with some flour, some spoonful half-glaze and some drops caramel. Surround the sole, on one side, with small glazed onions and on the other side with mushrooms tossed in butter. Nap all with sauce made with red wine.

Sole "à la Normande." — Garnishing composed with mussels, shrimps, mushrooms and truffles. Poach the sole with white wine and some chopped shallots. Then with cooking of mussels and mushrooms, make a good sauce Normande, mix it with two egg yolks and some cream. Season it well and add cooking of sole reduced to glaze and after, but apart from fire, a good piece of fine butter. Warm the garnishing in butter and surround the sole. Nap with sauce and place upon 6 or 8 smelts or gudgeons, covered with bread crumb and fried, 8 small croûtons of fried bread and then 2 or 4 cleaned crayfishes. (See illustration, page 163.)

Sole "à la Bretonne." — Proceed as for fillets of colin under this name.

Sole "à la Bercy." — Proceed as for whittings "à la Bercy."

Sole "à la Saint-Germain." — Season and cover the sole with bread crumb; make it well adherent, sprinkle copiously with melted butter and cook it on very hot oven or on the grill. Serve with a crown of hazel small potatoes and a sauce Béarnaise. Can also be prepared filleted.

Fillets of soles "à l'Américaine." — Prepare a lobster "à l'Américaine" (see crustaceous). Then make a flavour of fish with carcass of soles in which are poached the ployed fillets. Then reduce the flavour in order to make the sauce for lobster. Prepare the fillets of soles in turban, garnish the middle with lobster flesh and recover all with the well buttered american sauce; chopped parsley.

Fillets of soles "Bourguignonne." — Poach the fillets of soles with red wine, without being ployed, then reduce to half the cooking and mix with a good piece of butter and some flour. Add a spoonful glaze of meat and some caramel. Nap the fillets with this sauce and surround the plate with fried croûtons. Add some mushrooms with sauce. (See illustration, page 172.)



Fig. 147. — Sole fillets "à la Sylvette" (see page 193).

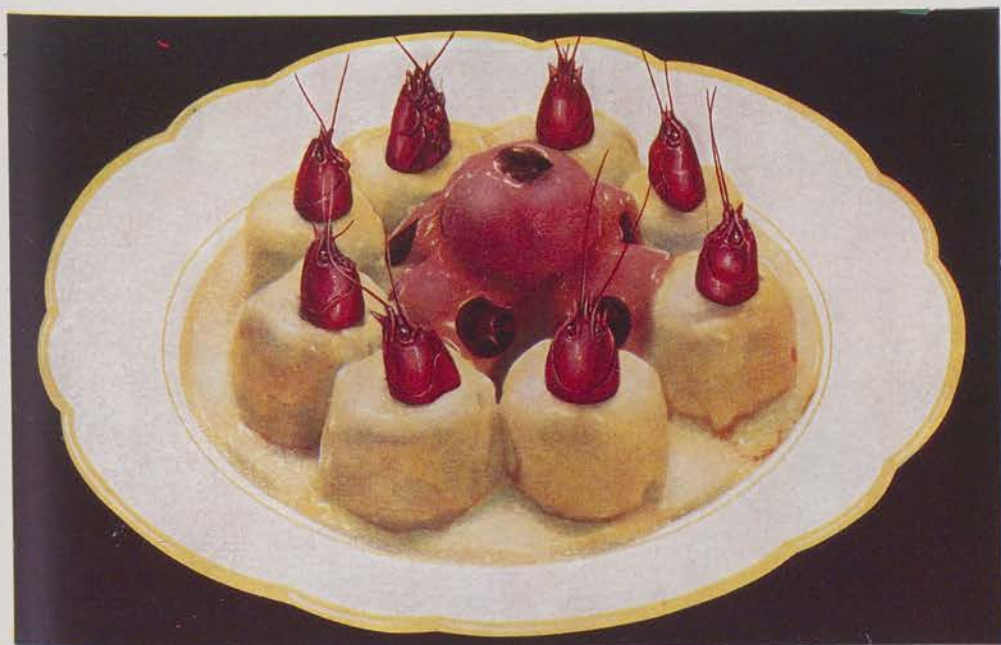


Fig. 148. — Savoury collops of soles "à la Daumont" (see page 194).



Fig. 149. — Sole fillets "à la Murat" (see page 192).

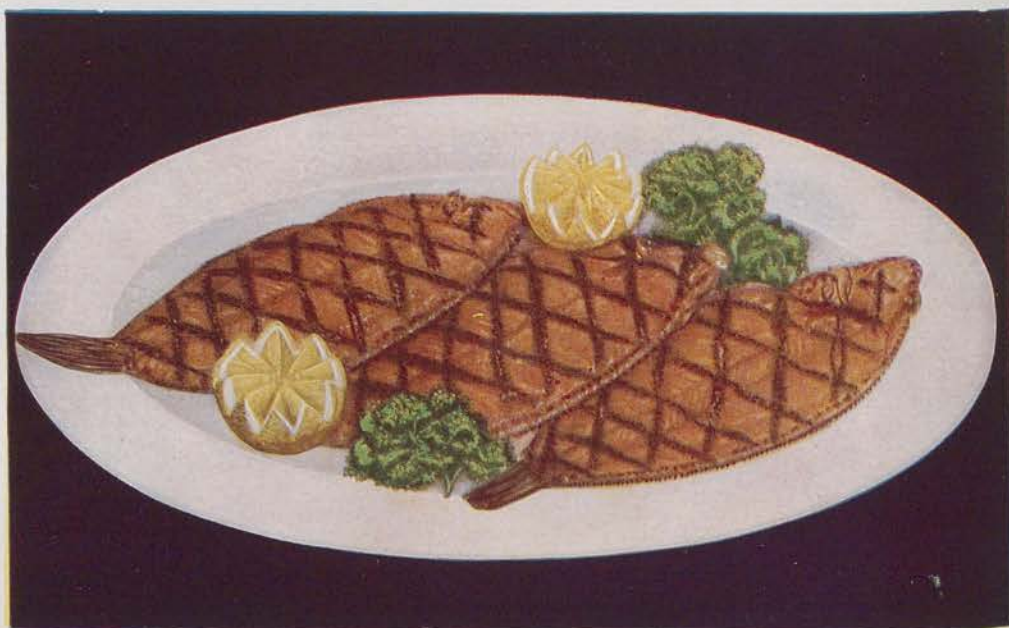


Fig. 150. — Grilled soles (see page 186).



Fig. 151. — Crawfish "à la Pompadour" garnished with soles fillets with white wine (see page 215).



Fig. 152. — Crawfish "à la Thermidor" (see page 214).

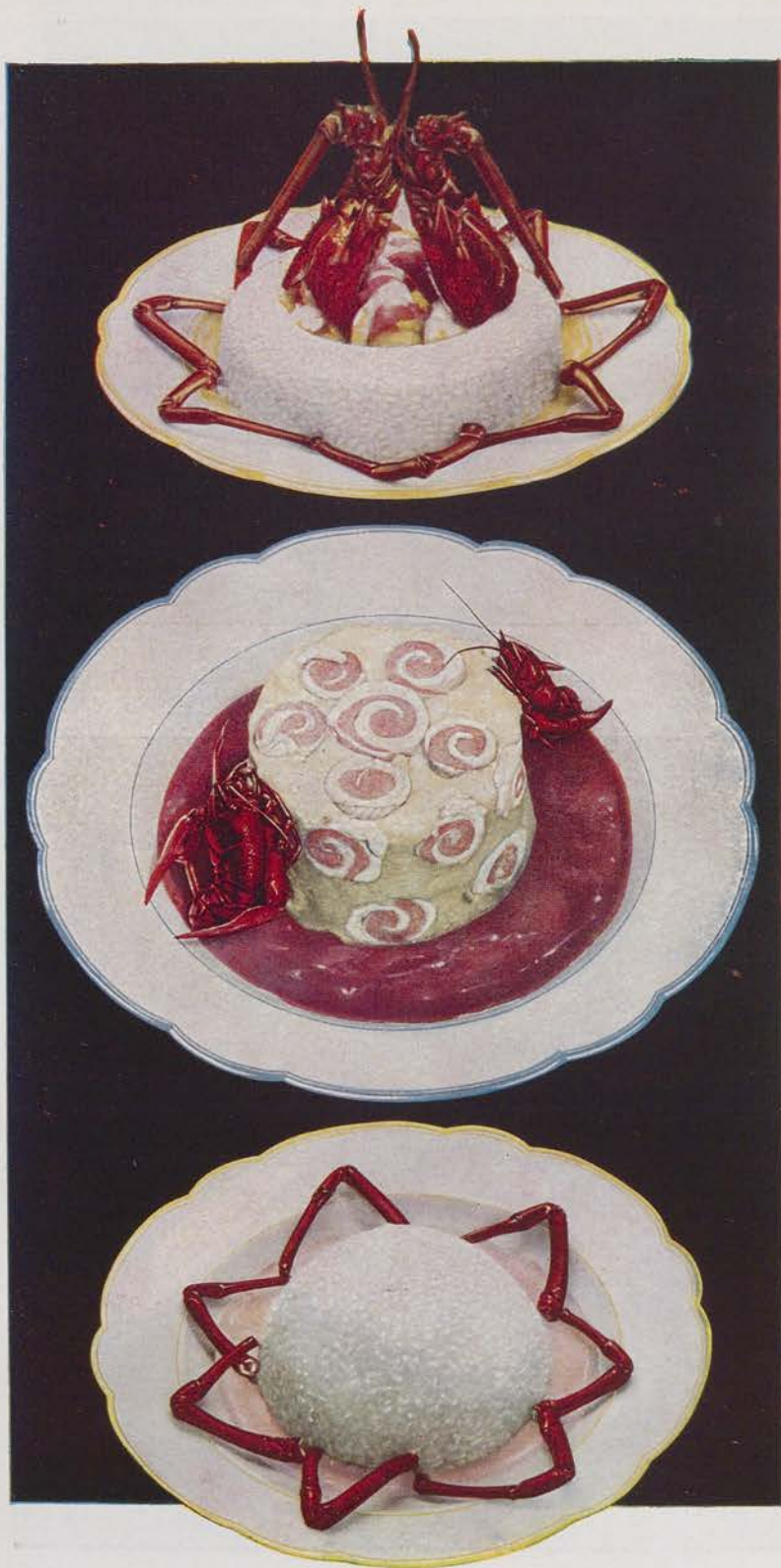


Fig. 153. — Crawfish "à l'Indienne" or "Creole" (see page 214).

Fig. 154. — Pompadour of solefillets "à l'Ostendaise" (see page 194).

Fig. 155. — Pilaff of crawfish (see page 215).

Fillets of soles "à la Marinière." — Mussels "à la Marinière." Serve their cooking for poaching the sole fillets. Reduce then the cooking on fire with a good piece of fresh butter and a pinch cut parsley. Prepare the fillets of soles which are ployed in small boats of puff-paste which are garnished with mussels. Nap the fillets with sauce, sprinkle some cut parsley (croûtes can be suppressed).

Fillets of soles "Caprice." — Cut in very small dice a spoonful red of carrots, same quantity of truffles and let it stew 5 minutes in butter in a well covered casserole. Add then a glassful madeira and let it stew 2 minutes. Then pour all on fillets of soles, ployed and seasoned with salt and Cayenne pepper. Poach in oven, reduce cooking with some spoonful sauce Béchamel and some double cream. Nap fillets with this sauce without straining it and put half a tomato, tossed in butter, on each fillet; in each tomato put a cooked head of mushroom and some hashed parsley.

Fillets of soles "à la Cardinal." — Poach the fillets in white wine, without being ployed. Then entirely reduce the cooking and add a sauce Cardinal added with remnants of lobster, cut in small dice. Nap the fillets of soles with this sauce which will be reinforced for its colour with some drops carmine.

Fillets of soles with mushrooms. — Ploy the fillets and poach them with cooking of mushrooms. Reduce this cooking and add a very thick white wine sauce. Prepare the mushrooms in middle of the plate and surround with the fillets. Nap only the fillets with the sauce. Sprinkle some cut parsley on mushrooms. (See illustration, page 173.)

Fillets of soles with shrimps. — Poach the fillets with flavour of fish, reduce it and add a shrimp sauce. Nap fillets with this sauce in which are put cleaned tails of shrimps. Pick a pink shrimp on each fillet.

Fillets of soles "Georgette." — Bake in oven "en robe de chambre" same quantity of Dutch potatoes than fillets of soles. Empty them, reserving a cover, then garnish the bottom with a salpicon made with crayfish tails or shrimps. Place upon a poached fillet of sole with white wine and nap with sauce Nantua. Put the cover and prepare on serviette with a bush parsley.

Fillets of soles "à la Suchet." — Prepare a small quantity of well red carrots, cut in fine fillets. Cook them slowly in butter in a well closed small casserole. During this time prepare on a long plate a border of Duchess potatoes (see this word at Vegetables chapter), then prepare a sole with white wine, as explained for whittings under this name. Serve the sole in middle of this border which has been previously glazed in oven. Nap fish with white wine sauce and sprinkle upon the fillets of carrots cooked in butter and also fillets of truffles. (See illustration, page 171.)

Fillets of soles "Suzanne." — Ploy and poach with white wine the fillets, serve them in croustades of tartlets full with noodles tossed in butter. Nap with Mornay sauce and glaze in oven.

Fillets of soles "à la Murat." — Cut the fillets of soles in two parts of their length, pass them in milk and flour, then toss them in boiling butter (with the pan). Add when they are well cooked and well glazed, some hazel potatoes, cooked apart and two or three artichokes bottoms, cut in small quarters and tossed in butter. Toss all a moment and serve in bush, recovered with lemon juice and hazel butter. Sprinkle some cut parsley. (See illustration, page 188.)

Fillets of soles "à la Marguery." — Ploy and poach in white wine the fillets, serve them on a long plate with a garnishing of mussels and shrimps, nap all with a good sauce with white wine, well buttered.

Fillets of soles "à la Villeroi." — Ploy and poach the fillets with a flavour of fish made with the carcass, sponge it and plunge it in a Villeroi sauce made with the flavour. Let it get cold, then recover twice bread-crumbs and after "à l'anglaise" and after in white bread crumbs. Cook them a moment in broiling frying, serve on a serviette with a bush of fried parsley and at the same time with a sauce Villeroi, cleared with a flavour of fish.

Fillets of soles "à la Montrouge." — Poach the fillets with flavour of fish, without being ployed. Serve with a cooked mushrooms mash, nap with a thick sauce Mornay, added with reduced flavour; sprinkle some rasped cheese and gratin.

Nota. — The mushrooms mash can be replaced by another mash, either artichokes, fresh peas, etc., etc...

Fillets of soles "à la Marcelle." — Ploy them and poach the fillets with fish flavour. Cook 3 1/2 pts nice mussels, clean them and strain through tammy. Add this mash to a white wine sauce. Nap the fillets and sprinkle some truffles cut in small dice.

Fillets of soles "à la Orly." — Proceed as for whittings fillets under the same name. They can also be covered with bread crumbs, and put in small skewers for frying them, instead to put them in frying paste.

Fillets of soles "à la Belle-Aurore." — Ploy the fillets, stuff them or not, poach them with white wine and flavour obtained from the carcass. With 12 crayfishes, make a Nantua sauce. Dispose the fillets on rosace, the points on the center and remove from mould on these points a small foam of salmon, warm, as shown on the illustration. Nap the fillets with this sauce, put a crayfish carcass and decorate with mushrooms. Serve warm with remnants of sauce. (See illustration, page 174.)

Fillets of soles "à la Bonne-Femme." — Poach the fillets of soles with white wine, drop them and put them on a long earthenware plate. Strongly reduce the cooking and when there remains only one or two spoonfuls, add a Dutch sauce made apart and add some cut parsley, cooked mushrooms, minced in slices.

Pour this sauce on fillets of soles and pass the plate under the gas flame to be glazed. An intensive fire is necessary in order that the sauce is crusty and glazed, without boiling.

Fillets of soles Waleska. — The ployed fillets, poached in white wine, are put on croûtons of bread "brioché." Put a slice of lobster tail on each and a slice of truffle. Nap with a good sauce Mornay and glaze in oven. Fillets are prepared in crown, fill the well with a stew of lobster, shrimps and mushrooms mixed with a Cardinal sauce. Suitable for a well-treated dinner.

Fillets of soles "à la Jacqueline" (Rich cooking). — This dish is one of the most original for presenting the fillets of soles. It has been shown at a culinary exhibition and has been very well examined. This is not a new dish, but we can affirm that it has not been often made.

Keep off the fillets of three soles, then let them get discharge; during this time prepare 12 nice reinette apples, regular and great, clean them, cover them with lemon, keep a sort of cover at $\frac{2}{3}$ rd of their height and hollow them for obtaining small boxes having about $\frac{1}{2}$ inch thickness. Put them on a plate-iron, sprinkle with butter and bake in oven avoiding them to crush and colour. Wipe the fillets of soles, season them and lightly beat them for breaking the fibres. Then put on each a light couch of whittings stuffing with cream. Sprinkle upon some shrimps tails and roll them, attach them and put them upright in a casserole and pour upon the flavour of fish with white wine. Bake 12 minutes in oven. Reduce the cooking and make with this a white creamy sauce and add one or two spoonful tomato mash in order to rend this sauce pink. Relieve seasoning and butter. Put an untied savoury collop of sole upright in each apple, lightly nap with sauce without maculating them which will covered by a meat glaze with a brush. Serve on a warm plate, remnant of sauce apart. Pick a red shrimp in each fillet of sole.

This recipe is suitable for 10 or 12 persons.

Fillets of soles "à la Riviera" (Rich cuisine). — Cut in very fine dice a carrot, an onion, a slice of celery, 1 shallot, two mushrooms and some truffles. Cook with some butter in a small well closed casserole, during 8 to 10 minutes; then add a glassful madeira and pour this "matignon" on the fillets of soles ployed in two, on an earthenware dish. Cover them with buttered paper and bake in oven during 12 minutes. Then drop the cooking, reduce it on entire fire with 7 ozs thick cream and 3 spoonful Béchamel. When the sauce is well creamy, remove it, and complete seasoning. Put the fillets on a long plate and nap them copiously with sauce, without straining it. Surround them with a crown of mussels "à la Villeroi" and alternated with tail of small crawfishes.

Fillets of soles Sylvette (Rich cuisine). — Let get empty in current water the fillets of soles; cut and cook a mirepoix ten minutes in oven, add a glassful madeira, let it stew 5 minutes and pour on the fillets of soles put in an earthenware dish. Poach them in oven 6 to 8 minutes, as the cooking is poured when boiling on the fillets (vegetables included).

When the fillets are cooked, drop the cooking and reduce it on fire with 7 ozs thick cream and some spoonful Béchamel. Season. Garnishing is composed with very small hollowed tomatoes, emptied, poached in oven with some butter and full with a whittings mash with very fine and white cream. Whittings, poached in salted water, cleaned and mixed with Béchamel and butter, nap the fillets with this sauce, vegetables included and surround with garnished tomatoes (following Salle and Montagné). (See illustration, page 187.)

Savoury collops "à la Daumont." (Rich cuisine). — Make a stuffing "mousseline" with 7 ozs well cleaned flesh of whiting; keep the fillets of 3 soles of about 12 ozs, wash, sponge and beat them in order to break the fibres. Then put on each, on skin side, a couch of stuffing "mousseline." Put in middle a tail of cleaned shrimp and roll this stuffed fillet, beginning with tail side. Maintain the form with some string and place fillets in a buttered casserole. Before cooking them, prepare a garnishing of mussels and mushrooms and a white wine sauce with cooking of savoury collops. Add some crayfish butter. Place the savoury collops in crown with a carcass of crayfish incrustated in each and the garnishing in center. Nap with white wine sauce and garnishing Nantua. (See page 187.)

Pompadour of fillets of soles "à l'Ostendaise." (Rich cuisine). — Prepare the savoury collops of soles "à la Daumont," but as more stuffing is necessary, a panada stuffing can be made with 14 ozs. net flesh of fish — pike ou whittings. This is a dish for a great dinner, it can be established for 12 to 14 persons, for instance, with 4 soles about 12 ozs.

When stuffing is made, colour a part in pink with some drops carmine (in order to economize the stuffing "mousseline" of salmon which can be prepared apart). Garnish the fillets of soles with this coloured stuffing and roll them. Attach and poach them in advance with flavour, as they must be dropped and cold (all garnishing must be prepared in advance as it must get cold before being put in a timbale to cook again). For the interior garnishing: 3 dozens poached oysters, 9 ozs mushrooms, 9 ozs shrimps, 2 truffles, mix this garnishing with a Nantua sauce and let it get cold. Well butter a mould for timbale, cut some cold savoury collops in slices about 1/4 inch thickness and put them in bottom and around the mould in order to be well decorated, then recover with a good couch of white stuffing which will be put with a wet spoon in order to have 2/3 inch thickness; full the hollow with garnishing and fillets of soles cut in 2 or 3 parts, recover with remnants of stuffing and poach in bain-marie in oven, during 45 to 50 minutes. This will be easily demoulded on a round dish and is very agreeable to see. Serve together with remnants of Nantua sauce. (See illustration, page 190.)

Fillets of soles "à la Paillard" (Rich cuisine). — Keep fillets of three soles and let get them empty; prepare a Mousseline stuffing with 5 ozs flesh of whittings; sponge them and lightly beat the fillets with a knife. Cook in advance a Mirepoix of 12 nice crayfishes with white wine, clean them, reserving on one part the flesh and on the other part the pickings and separately the heads or carcass. Wipe them and put a couch of Mousseline stuffing

on the ployed fillets. Introduce the end in carcass of crayfishes and continue to fill these with stuffing (this will serve to fix the fillets in carcass). Put them in an earthenware dish, season and water with flavour of white wine. Cover with buttered paper and poach 12 minutes in oven.

Crush the shells of crayfishes with butter and some carmine; strain through fine tammy; prepare a garnishing of mushrooms, crayfishes tails and truffles and make white wine sauce with cooking of soles (see sauces). Put the fillets as a fan. Nap all (except crayfishes) with this sauce and with a cornet of paper, lay crayfish butter between each fillet. Put a moment in oven in order that butter is melted which will form like a red lace surrounding each fillet. (See illustration, page 174.)

Turban of fillets of soles "à la Joinville." — Keep fillets of soles. Let get them empty. Prepare a quenelles stuffing with 10 1/2 ozs whittings or colin. Sponge and stuff the fillets and ploy them in order to poach them in flavour of fish. Prepare a garnishing of shrimps and mushrooms together with some slices of truffles. Make with this stuffing a border like a plat and large crown in center of a round plate, put a buttered paper on all and let it poach 10 minutes in oven. Also prepare a good shrimp sauce, added with very reduced flavour of fish.

Put the fillets of soles in turban, attach and heat the garnishing which is put in center of this turban. Nap with shrimp sauce and decorate as stated. Sauce is served apart. (See illustration, page 172.)

Turban of soles fillets "à la Carmélite." (Rich cuisine). — Keep fillets of 2 soles about 10 ozs each. Let get them empty, sponge and plate them in a buttered savarin mould, alternating with fillets cut in a nice piece of raw salmon, well red and according to size of soles fillets. In remnant of salmon which is crushed, mix a cupful Béchamel, 2 ozs cream, one egg and 3 egg yolks, strain through tammy. Season this stuffing and full the turban upon the fillets of which the ends are put on stuffing. Cook 25 minutes in bain-marie and in oven. Then remove from mould. Put in middle a garnishing of mussels, shrimps, crayfish tails, mushrooms, artichokes bottoms and truffles, all mixed with a crayfish butter sauce. Serve apart remnant of this sauce, well buttered. Dish of fish absolutely delicious and fine. (See illustration, page 173.)

Fillets of soles "à la Messaline." — Put fillets, ployed in a long earthenware dish, season with salt and pepper and put on the top 5 ozs raw mushrooms, cut in fine laces. Pour a good glassful dry Champagne, place carcass on the top and cook all about ten minutes in moderate oven; then reduce cooking added with a spoonful tomato mash, after add 9 ozs fresh tomatoes, cleaned, emptied and cut in small quarters.

When sauce obtained is somewhat creamy, remove it from fire and strongly butter it, add paprika and then with this sauce nap fillets of soles and surround them with small croquettes of lobster or small crawfishes or simply shrimps and quarters of fresh artichokes bottoms, strongly whited in water and cooked in butter. Sprinkle some chopped parsley on the sauce.

Fillets of soles "Tout-Paris" (Fine dish). — Fillets of soles are ployed and poached in white wine. Make in a casserole a Dutch sauce (see sauces). Add cooking of fillets of soles, reduced to glaze. Then divide in two parts, to one add like an egg of shrimp or crayfish butter in order to give a good pink colour. Serve fillets of soles on each side of the plate and nap in half with white sauce and the other half with pink sauce. On the white fillets, pick a pink shrimp and put a slice of truffle on glazed pinked fillets.

Timbales, croustades or vol-au-vent of soles fillets "Lavallière." — Independent to their habitual presentation stuffed or not fillets of soles, rolled in savoury collops or ployed, they can also be prepared in paste croûtes, either puff-paste or short-paste. For making the dish "à la Lavallière," the fillets are stuffed, ployed in two, poached with flavour of white wine, mixed with a Nantua sauce with garnishing of mushrooms, mussels, shrimps, quenelles of fish (principally for a dinner as some people hesitate to eat mussels for supper). The garnished croûte is decoration with some cleaned crayfishes.

The skate

Very common fish, but very good with the condition of not having an alcali taste.

Skate with black butter. — Boil the skate with vegetables, drop it, clean it and place on a long dish. Cook in the pan a good piece of butter until it becomes black. Season the skate with salt, pepper and grossly chopped parsley and capers. Pour the black butter on the fish, then lay in pan some spoonful vinegar. When vinegar is reduced to half, pour it on the skate.

Skate "à la Normande." — Prepare the skate as stated above and recover with a good quantity of thick cream, warmed and well seasoned. Sprinkle some capers and a fillet of vinegar.

Fried skate. — For this preparation, very small skates are used, called "raitons." They can be entirely fried after being put in milk and flour, then cut in pieces and put in frying paste. In the first case, they are served with fried parsley and lemon, in the second case together with a tomato sauce.

Croûtes with skate liver. — The skate liver is very much appreciated and can constitute for a meagre day a light "entrée." Make bread croûtons as for the tournedos, cook them in butter until they are well glazed and crusty. Poach the liver with salted water, also vinegared, drop it, cut in collops and garnish the croûtes. Recover with hazel butter, lemon juice and sprinkle some parsley.

The tunny fish

The tunny-fish is abundant in the Mediterranean sea and is a beautiful specimen of the marine fauna. Its weight is of 1 to 4 cwt. and its size varies between 1 $\frac{2}{3}$ yard to 2 yards. Its flesh is rich, firm, very good and healthy.

A piece of tunny-fish is treated as veal, either in a casserole, or braising, or roasting.

It can be prepared with several culinary methods in spite that it can be prepared as preserved.

Grilled tunny-fish "à la Maître d'Hôtel." — Thick slice of floured fresh tunny-fish, oiled and placed on a very hot grill. Grill this slice, oiling it from time to time. When tunny-fish is cooked, the bone can be easily removed. Serve with butter "maître d'hôtel."

Braised tunny-fish with sorrel. — Tunny-fish is only good when braised, as for a piece of veal. Take a slice of tunny-fish of 3 1/4 inch to 4 inches thickness, which is larded with desalted anchovy fillets. Put then the tunny-fish in salted, cold and acidous water and cook this in direct fire. On first simmering, remove the tunny-fish slice with skimmer and put it in a small cocotte which bottom is garnished with vegetables and slices of bacon. Bath tunny-fish with half white wine and half stock; salt it lightly as some anchovies are put and add a garnished bunch. Let it braise slowly during 3/4 hour and remove the tunny-fish, drop it and plate it on a sorrel mash mixed with cream and egg yolks. When cooking is degreased, 2 or 3 spoonful half-glaze sauce will be added, which will be replaced if dish is absolutely meagre, with tomato mash. All is then reduced until syropous consistency and this is poured on the tunny-fish slice.

Tunny-fish "à la Bordelaise." — Toss the slice of tunny-fish with half butter and half oil. Add a gross minced onion, 2 shallots in rounds, 4 or 5 cleaned tomatoes, cut in quarters; water with half a glassful white wine and 6 table-spoonful half-glaze sauce. Season, cover and let it braise half an hour. Reduce then the cooking and add some mushrooms. Lay this sauce on the tunny-fish and powder with cut parsley.

Tunny-fish "à la Ménagère." — Put a thick slice of tunny-fish in a casserole full with water and let it white during 6 to 8 minutes in order to remove the oil contained in the flesh. Drop it, toss it in butter on the two sides and put it in a plate. In remnants of butter toss a chopped onion, powder with flour, cook it a moment and water with a glassful white wine and same quantity water, lemon juice and 3 spoonful tomato mash, concentrated. Put tunny-fish in sauce, when it boils, cover and put it in oven about 1 hour with slow ebullition. When tunny-fish is well braised, add according to season, either mushrooms or fresh tomatoes, tossed in butter.

Turbot

Turbot is called Prince of Orleans. This is a nice fish which increases value of dinners. A nice piece must only be boiled and served with a good sauce "Mousseline" or Dutch. But reputed preparations of great cuisine can also be made. All recipes given for the brill are applicable to the turbot. Here are some others :

Poached turbot, Dutch sauce. — Cook turbot, as stated. Serve it with branches of parsley, on a serviette and put on the top slices of lemon and apart a Dutch sauce together with potatoes "à l'anglaise."

Fried turbot, sauce Tartare. — Turbot is cut in slices, which are put in milk and flour, then cooked in very hot frying and served on a serviette. Apart a sauce Tartare.

Turbot "à l'Édouard VII." — Poach a turbot with 1/4 bottle of Champagne, season with salt, pepper, shallots and peels of mushrooms. Bake this fish in oven sprinkling it often and prepare a garnishing of croquettes of potatoes, oysters and mussels recovered with bread crumb and fried, and mushrooms cooked in butter. Make a Béchamel sauce, somewhat thick and clear it with reduced cooking of fish, add some curry and a good piece of crayfish butter and also flesh of crayfish tails, cut in dice. Put fish on a long plate, nap it with sauce and surround with a garnishing put in alternated bouquets. Serve apart remnants of sauce and decorate middle of the fish with slices of truffles and well white mushrooms.

Turbot gratin cream. — It often arises that when serving turbot in a dinner, it remains a too small quantity for making a dish for the following day. But it can be prepared as follows : prepare first Duchess potatoes (2nd recipe) and make a border on a round gratin plate using forcing-bag and ribbed fancy-pipe. Lightly colour this border in oven, then garnish middle with remnants of turbot (or other fish) mixed with some minced mushrooms and a well creamy Béchamel sauce, well seasoned. Recover the fish with a good couch of same sauce in which a handful rasped cheese is put; sprinkle some bread raspings, recover with melted butter, gratin in quick oven and serve it very warm.

Nota. — This recipe constitutes one of the thousand methods for preparing remnants of anyone fish.

Fillets of turbot. — As for the brill, turbot can be prepared and served in fillets. In this case, all garnishings and sauces applicable for the soles can be used.

Grilled small turbot. — Turbot not exceeding 2 lbs to 2 1/2 lbs can be grilled, on the stated proceeding, after it has been cut on the two sides. Serve it with melted or "maître d'hôtel" butter, or with a sauce for fish. Potatoes "à l'anglaise" apart. The Béarnaise sauce is well suitable for grilled fishes. (For grillings, see Fish chapter.)

Small Turbot "à la Mirabeau." — Braise the fish with red wine, a shallot, a bunch of herbs, salt and pepper. Reduce entirely cooking and mix it with a good half-glaze sauce, add some anchovy spirit, two crushed and strained anchovies. Well butter this sauce, apart from fire. Pour it on the small turbot and put on the top some anchovy fillets in order to form a checking.

Small turbot "à la Saint-Malo." — Grill the small turbot, after having cut flesh in the two sides, in order to facilitate cooking. Serve with a border of potatoes either "à l'anglaise" or tossed in thick slices and served with a sauce Saint-Malo.

Bouillabaisse marseillaise. — Each specialist possesses his recipe which is the truth following his point of view. In order to touch the truth, we have seen our old friend Caillat, authorized master of cuisine marseillaise. Here follows his recipe.

Proportions for 10 persons (as this dish cannot be made for 2 or 3 guests). Fishes used at Marseilles are : the rascasse, red mullets, gurnets and barbets which are all fish with firm flesh, then 2 whittings of Palangre, delicate fish in order to mix the sauce, and an alive crayfish. 6 1/2 lbs fish are necessary, which are cut in fragments. A slice of conger is suitable. Wash the fish, drop it and let it get brown in Olive oil, the white of two leeks and two big minced onions, add 9 ozs cleaned and chopped tomatoes together with some crushed garlic. When tomato is well melted, pour the fish, except for the whittings which are put later. Water in order to cover the fish, salt, pepper it and determinate seasoning for giving a local colour with : grossly chopped parsley, a strong pinch of saffron, a cupful oil, bay-leaf, savory and fennel. Cook with strong simmerings during 10 minutes, add whittings and again cook during 10 minutes. Pour cooking on slices of bread in a soup-pot and serve the fish at the same time. Soup containing all savour of dish is more appreciated. At Paris, other fishes are used, such as : gurnets, barbets, weevers, lotes, congers, St. Peters, soles, dabs, crawfishes or small crawfishes and whittings. If soup is not used, reduce cooking before removing the fish and pour this on fish, placing some croûtons of fried bread with oil.

The bourride provençale. — Not so well known as the bouillabaisse and absolutely regional.

Varied fish are necessary, such as : congers, gurnets, weevers, louns de roches, whittings, etc. Put fish, cut in pieces, in a casserole containing in bottom chopped onions, a piece fennel, a garnished bunch and obligatory a piece of dried orange. Water fish with water, salt, pepper and cook on fire during 1/4 hour. Then prepare an ailloli. Put a certain quantity with 2 or 3 egg yolks in a bowl and mix with some spoonful of fish cooking. Put some spoonful on bread slices, as for the bouillabaisse, then keep the fish with skimmer, put it on a dish and pour the mixture in remnants of cooking, mix it on fire without simmering, render it thick and pour through a strainer on bread. Serve with soup, fish and ailloli.



FRESHWATER FISH

Without being so rich than in Neptune Kingdom, river gives some appreciated fish. Trouts, salmons, eels, carps, pikes, etc., living in streams, rivers and lakes give very good dishes.

Eel. — When we say "matelote" (stew of fish) the echo replies with eel; in spite that other fish can give a good "matelote".

Matelote of eel "à la Bourguignonne." — Put in bottom of a casserole some rounds of onions and shallots, some garlic, a bunch of herbs, salt and grains of pepper. Put the cleaned, emptied eel, cut in fragments long as a finger. Place on fire and flame the eel with a liquor glassful Cognac. Water entirely with red wine and cook during about 20 minutes. Then remove pieces of eel in another casserole, add some cooked mushrooms and small glazed onions. Then reduce a little cooking and mix it with 2 ozs butter mixed with flour. The sauce must be creamy, but not too thick. Colour sauce with caramel, as wine would give a desagreeable violaceous tint. Let it stew a moment and place in a hollow dish, or in timbale with around croûtes of fried bread and some cleaned crayfishes. (See illustration, page 204.)

The Meurette. — Same proceeding as above, flame the fish — two or three sorts — with eau-de-vie de Marc and cook it in wine (red or white). Fry croûtons, brush them with some garlic, put them in the bottom of the dish and serve the fish upon, sauce mixed with butter.

Grilled eel "à la Tartare." — The eel being cooked with red wine, as for the "matelote," sponge the fragments and recover them with bread crumb, then grill or fry them and serve on a serviette with fried parsley and sauce Tartare. (See illustration, page 204.)

Eel Pompadour. — Pieces of eel being cooked with white wine and cold, sponge them, cover them with a sauce Villeroy and recover them with bread crumb "à l'anglaise." Fry them, serve on serviette with fried parsley and a Béchamel sauce.

Sun-Eel. — Cut and cook the eel with white wine, sponge the pieces and plunge them in a frying paste. Cook and serve with a tomato sauce apart.

Youngs Barbels. — Is boiled or grilled or cooked "à la Meunière." In the first case is served with a caper sauce or Dutch sauce.

Bream. — Is fried when small or grilled if big and accompanied with butter or any sauce.

Pike, Caper sauce. — Boil the pike, well season and serve on a serviette after being dropped and cleaned. Surround it with parsley and serve apart a caper sauce.

Remnants of this fish can be served with a mayonnaise or according to recipes given at the end of this book in "the art of preparing remnants."

Pike in Blanquette. — Cut the pike in thick slices and toss them in butter. Powder with flour, water with half white wine and half water, add mushrooms and small onions and slowly cook, season. Mix at the last minute with two egg yolks and some double cream.

Pike "au bleu." — Proceed with small young pikes, very recently fished, and as stated for trouts "au bleu".

Quenelles of pike "Lyonnaise." — First prepare a sort of panada, mixing in a casserole 2 full eggs, 4 ozs flour, a pinch salt, 1/2 pt. cold milk and 2 ozs butter.

Stir all on fire with a spatula until obtaining a thick mass as paste for choux and which will get cold. During this time crush 9 ozs grease of beef kidneys, well dried and cleaned. When reduced as a paste, remove it from mortar and crush 1 lb. raw flesh of pike carefully cleaned. When pike is crushed, put the grease and mix with crusher, then add the cold paste and continue in stirring all, add then salt, pepper and necessary spices and two full eggs. Strain this stuffing through tammy and work it with spatula. Mould then a small quenelle which will be cooked in salted boiling water to ascertain its consistency. If it cannot be "kept", add some egg to the stuffing and separate this with spoon which are rolled on a planck, form gross quenelles, poach them in salted boiling water during 1/4 hour, without boiling. Drop them and stew in a Nantua sauce with crayfishes.

Pike "à la Manon." — Poach the pike in maintaining it on the abdomen. After being cleaned, serve it on a small socles, pick a border of red shrimps on the top. Garnish with small croustades full of shrimps mash ed with cream and napped with shrimp sauce and upon slices of truffles. (See illustration, page 203.)

Pike "à la Nantaise" with white butter. — This is the famous pike of the Loire with white butter; "nantaise" speciality which is not prepared in the same manner by hotels of Nantes.

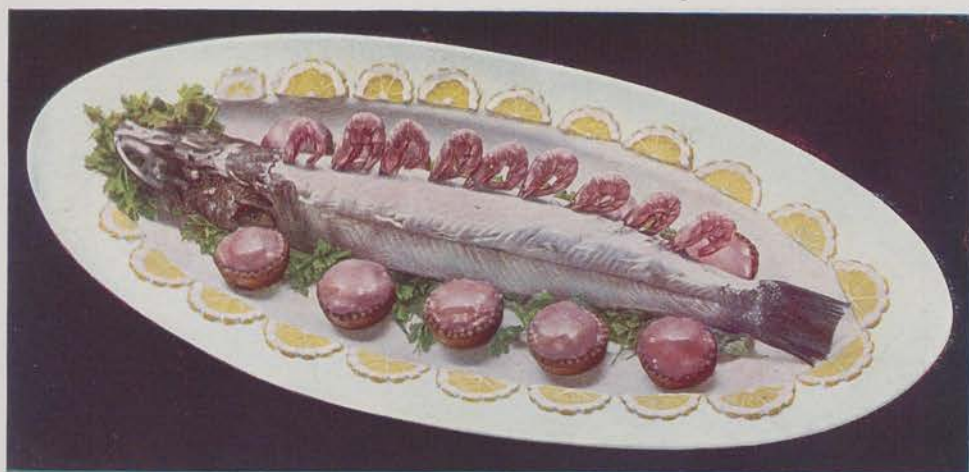


Fig. 156. — Pike "à la Manon" (see page 202).



Fig. 157. — Pike cuttlefish "à la Soubise" (see page 207).



Fig. 158. — Stew of eels "à la Bourguignonne" (see page 201).

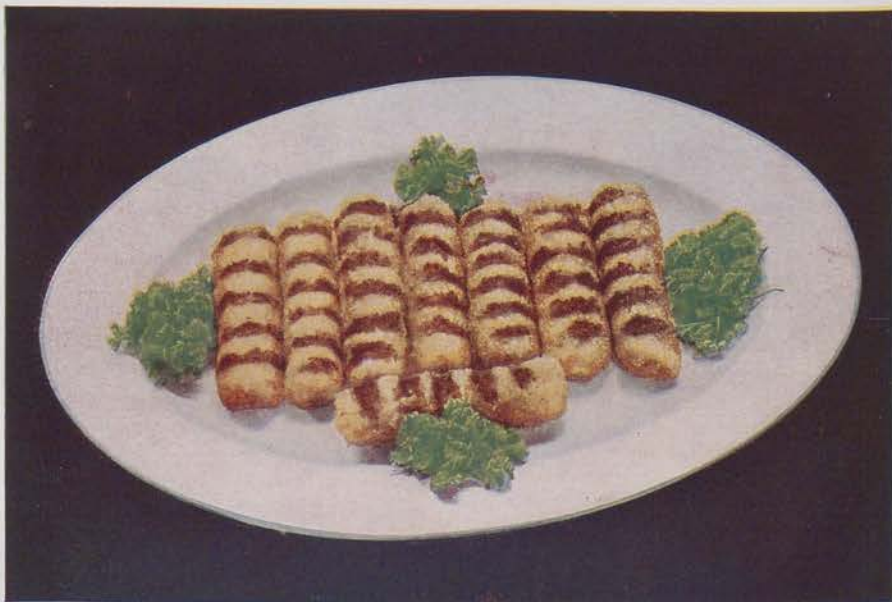


Fig. 159. — Grilled eel "à la Tartare" (see page 201).

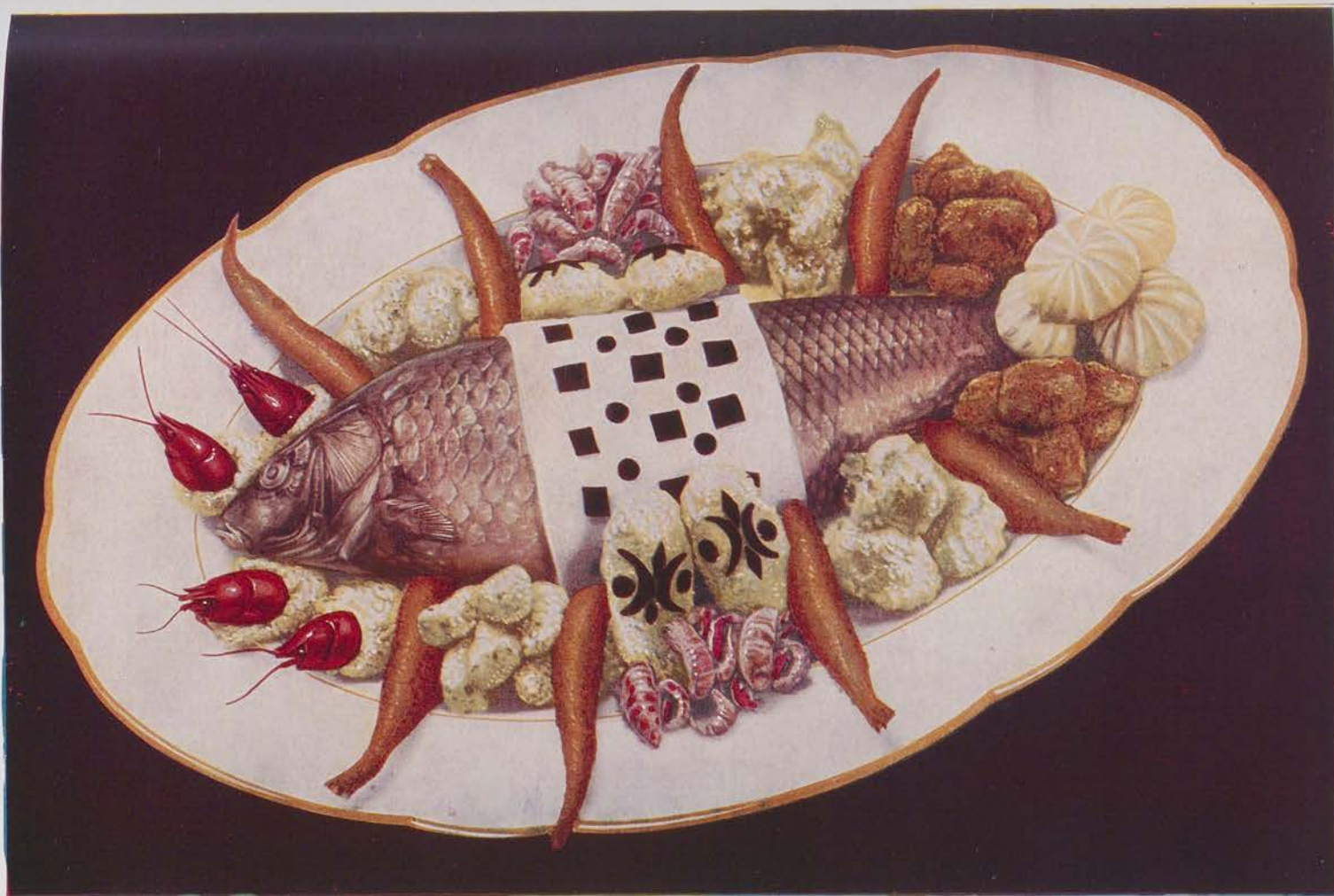


Fig. 160. — Carp "à la Chambord" (see page 208).



Fig. 161. — Freshwater trouts "à la Meunière" (see page 210).



Fig. 162. — Trouts "au bleu" (see page 210).

The pike is boiled, cleaned and served together with a sauce called white butter, of which quality of butter is the principal element of success. (See Butter "nantais," sauce chapter.)

Nota. — Pike is also prepared with several methods. In "matelote," grilled, fried, "à la Meunière," gratined, in fillets or also boiled and served with anyone fish sauce. Very good preparations are also made, called "bread."

Pike bread, fine herbs sauce. — Clean and remove bones for a pike of 1 lb., which will give 12 ozs net weight. This will be sufficient to make an excellent "entrée" for 6 to 9 persons.

Crush flesh with salt and pepper and add 1/2 pt. Béchamel sauce, very thick and well cold, then a coffee-cupful double cream, one egg and two egg yolks. Strain this mash through and put it in a buttered mould. Bake in oven, in bain-marie during 25 to 40 minutes.

Prepare the sauce in making with bones and remnants of pike a flavour of fish with white wine. Mix in a casserole 2 ozs butter and 1 oz. flour, water immediatly with 6 table-spoonful water and flavour of reduced fish (value of 3 table-spoonfuls), put two egg yolks and quickly stir on fire with a small whip until first simmering; remove then the sauce from fire and add butter and chopped fine herbs.

After bread of pike is demoulded on a round dish, recover it with sauce in which a garnishing of mushrooms, shrimps or mussels is put.

Bread of pike "à la Nemours." — Prepare same stuffing as above, poach it in a crown mould, then prepare a mixture of croquettes of potatoes in which 4 ozs tails of cleaned shrimps are put. Make these croquettes in form of small balls, gross as a nut, recover them with bread crumb and fry them at the last minute. Prepare also a shrimp sauce. Demould the bread sprinkle some sauce and put around the croquettes.

Pike Cuttlets "à la Soubise." — With same stuffing which is poached in small cuttlets moulds, poached in bain-marie with very little water, a very interesting "entrée" is prepared. When cooked, let get them cold, drop them and cover them with bread crumb in order to be cooked in the pan, serve in crown with in center a Soubise mash (see vegetables). Put curl-paper on the cuttlets and serve together with butter "maître d'hôtel". (See illustration, page 203.)

Carp with beer. — This dish comes from the Orient as Jewish cuisine. Braise a carp with 3 big minced onions, melted in butter, 3 spoonful celery, in small dice, 2 ozs crumbled gingerbread. Water with beer in order that fish is entirely bathed; season, cover and bake in oven. Cut in slices roe of carp and poach it in butter. When carp is cooked, remove it; reduce to half the cooking and strain it through tammy in order to form a mash with onion, celery and gingerbread, which would mix and render the sauce more thick; strongly butter it, pour it on the carp and place above pieces of roe.

Carp "à la Polonaise." — Prepare a small carp (weight from 9 ozs to 1 lb.) separate it in two parts in sense of its length, then obliquely in several pieces. Further put in a casserole 2 ozs butter, a minced branch of celery, white of a leek, one carrot and one onion, cut in rounds, a pinch parsley in branches, a branch thyme, a piece of bay-leaf, two cloves. After all is tossed during 12 to 15 minutes, add pieces of carp which are watered with half a bottle Sauterne. Season and let it slowly braise. When pieces of carps are cooked, drop them and put them in another casserole, strain the cooking which is mixed with a brown made with 1 oz. flour and 1 oz. butter. After that sauce is well mixed on fire, season it well and add a pinch sugar. Then nap with this sauce pieces of carp put on a plate and surrounded with lemon slices, which have been whited 1 oz. dried currants and same quantity of sweet almonds, cleaned and cut in fillets; all has been previously cooked some minutes in cooking of fish.

The carp, according to its size, can be prepared "au bleu," fried, in "matelote," "à la Bercy," etc. In the Jewish cuisine, it is served cold; a recipe will be found in chapter of Cold Fish.

Roe of carp "à la Diplomate." — Roe of carps are much researched, they get first emptied in cold water, then slowly poached in butter, colloped and put in small puff croustes which are then napped with a Nantua or Cardinal sauce. Slices of truffles on the top.

Carp "à la Chambord." — Can also be made with a pike, a trout or a small salmon. This is a dish of old cuisine, old more than a century and which necessitates a great work with its various garnishings, stuffings, etc. We will give the habitual recipe, but a part of garnishings can be avoided.

Empty through the gills a carp or a pike of 4 1/2 lbs, remove skin on one side only on middle of body. Fill the abdomen with stuffing of fish quenelles and nap also the denuded part on which a decoration of truffles has been made. Braise the fish on vegetables and water with a bottle and a half red wine Bordeaux and 7/8 pt. flavour of fish. Season, recover with lardings or an oiled paper and put the carp for braising in oven during 50 to 60 minutes, sprinkling frequently.

Cooking will be served to make the sauce; garnishings consist of 4 big quenelles made with spoon decorated with truffles, then small round quenelles, truffled and made with remnants of stuffing added with chopped truffles; 2° roe of carps recovered with bread crumb and fried; 3° fried oysters; 4° fried gudgeons (or smelts), plunged in milk, rolled in flour, then in beaten egg and bread crumb; the mushrooms cooked as usually and dropped, will be joined and heaten with some fish sauce and the same applies for desalted shrimps tails, plunged in lukewarm milk.

Poach the quenelles and fry them at the last minute, and then serve. Lightly sprinkle the carp with sauce which must be brown and serve the remnant apart. (See illustration, page 205.)

Sturgeon. — The flesh of sturgeon is treated as veal of which it possesses the appearance when cooked. A piece can be braised in the casserole or a

fricandeau, proceeding as for a veal fricandeau. All garnishings can be put with this fish, as well vegetables than others which are habitually put for fish.

Its flesh is not very remarkable nor as savour nor as quality but it is only its rarity which gives some interest.

Gudgeons and Ides. — These fishes (the first being more fine than second are exclusively reserved for frying, made with principles stated in head of fish chapter, i. e. plunged in salted cold milk, and rolled in flour. For big fish, they are treated "à la Meunière."

The Lavaret (Coregonus, Freshwater Herring). — Very fine fish (used at Grenoble or at Aix) with white flesh, is boiled or cooked in pan, according to its size. As it is excellent it is preferable not to denature it with useless preparations.

The omble-chevalier. — It is in the same country that the ombles are fished (also in Switzerland). It is the King of fish, superior to the trout, also of a rosy tint. It is exquisite and only wants a fine Dutch sauce.

Perch. — The perch is a very good fish. It can be fried if small. When gross, it is prepared with the pan with gratin or other sauces, with white or red wine.

The frogs

The croaking people of ponds and pools contributes also to our menus. Legs of frogs are only used which are sold under the form of appetizing nice brochettes, ready to be cooked. Their freshness is to be ascertained, as they are rapidly corrupted.

Tossed frogs, fine herbs. — Cut fingers from legs, with scissors and toss the frogs in pan with very hot butter, chopped parsley and lemon quarters.

Frogs "à la Poulette." — Slowly cook them in butter in order to avoid, colouring and let them stew in a sauce Poulette. Serve with chopped parsley.

Frogs in fritters. — Macerate in advance legs of frogs with salt, pepper chopped parsley and a fillet of vinegar. Sponge them at the last minute and plunge them in the frying paste. Put them 5 minutes in broiling frying. Serve in bush with fried parsley.

Nota. — When tossed in pan, some bread crumb, fried in butter, can be added, or garlic or chopped shallot. Some mushrooms, tossed in butter or potatoes in small dice can also be added. A rizotta can also be made in which they are mixed or they can also be prepared "à l'Indienne" with a border of rice "à la Créole."

The tench

Same preparation as for the perch. It can also be prepared "au bleu" or incorporated to a "matelote" or "panchouse."

Tench "à la Lorraine." — Scale, empty and wash the tenches. Place them on a bed of parsley, minced onions, 2 shallots, thyme, bay-leaf, salt and pepper in grains. Water with half a bottle grey wine of Lorraine or ordinary white wine and a glassful water. Slowly cook, then drop the fish and reduce the boiling to half, add some sweet cream. Let it stew during 1/4 hour, mix with two egg yolks, remove from fire and strongly butter. Pour on fishes placed in a gratin plate, powder with shallots and chopped parsley, put the dish 5 minutes in very hot oven and serve with lemon juice.

Trout of river

The trout can be prepared with various culinary methods, simple or difficult, warm or cold.

Small river trouts "au bleu." — For this preparation, alive trouts are necessary, that is to say that they are only killed at the time of cooking. Empty them rapidly without scraping nor wiping, as it is the mud covering them which give the researched blue tint. Pour them in boiling salted and strongly vinegared water; cooking during 5 minutes. Serve them on a serviette with parsley and apart melted butter. In recovering them with a spoonful boiling vinegar, before their cooking, their blue tint is increased. (See illustration, page 206.)

Nota. — Young pikes and carps can also be prepared „ au bleu."

Small river trouts "à la Meunière." — Plunge them in milk and flour, cook in hazel butter, recover with lemon and broiling butter. Decorate the dish with half-slices of lemon. Chopped parsley on the fish. (See illustration, page 206.)

River trouts "à la Mantoue." — Cook trouts "à la Meunière"; place them on a long dish and recover with Italian sauce in which ham is suppressed.

Trouts "à la Grenobloise." — Prepare them "à la Meunière" but powder them with fried bread crumb and a pinch capers. Sprinkle some lemon juice.

Trouts "à la Hussarde." — Empty the trouts and fill the interior with a stuffing composed of bread crumb put in cold milk chopped onions cooked in butter, cut parsley, some butter and one egg yolk for 6 trouts.

Season it well with paprika. Put in the bottom of an earthenware dish a couch of chopped onions, cooked in butter without being coloured, range the

garnished trouts, season, water with a glassful white wine and poach in oven. Prepare the trouts on a long dish, reduce cooking to half and mix it with butter. Prepare it apart from fire and pour on trouts and glaze on very quick fire.

Glazed trouts with red wine. — Poach the trouts in red wine with some minced onions. Reduce the cooking, mix it with butter and pour on the trouts. Glaze in very quick oven and surround with fried croûtons of bread.

Trouts with cream. — Put the trouts in a gratin plate with salt, pepper, fine herbs and lemon, simply watered with some spoonful water. Bake 15 minutes in oven, drop cooking in casserole. Mix a tea-cupful thick cream, reduce all to half, pour on trouts, sprinkle some bread raspings and gratin.

Trouts "à la Mâconnaise." — Poach 12 small river trouts with red wine. For their garnish, brown in butter half a pound very small regular onions. Water them with stock, add a fresh nut of butter and a piece sugar. Let it slowly cook without being crushed and covered, in order that stock is nearly completely evaporated when onions will be cooked. Prepare also 9 ozs small and well white mushrooms. When trouts are poached, drop the cooking wine and reduce to $\frac{3}{4}$ in a casserole put on fire with gross as a nut of meat glaze. Mix with a good piece of butter mixed with a spoonful flour. After some simmerings, remove sauce from fire and strongly butter it with fine butter, then give a brown tint in adding some drops caramel or aromate. Serve trouts on a long warm dish and put around small glazed onions, on one side and well dropped mushrooms on the other side. Nap all very copiously with sauce.

Trouts are also prepared in fillets, with gratin, in frying, grilled, etc.

Salmon-trout, sauce Mousseline. — The trout is entirely boiled. It is served on a serviette with parsley and border of lemon. Clean it (not necessary) of its silver dress. Serve with a sauce mousseline or Dutch and potatoes "à l'anglaise." In England, cucumber salad is served.

Salmon-trout "à la Chivry." — Cook and prepare as above. Surround the trout with small croustades of puff-paste full of spinage mash. Serve apart a sauce Chivry.

Salmon-trout "à la Génoise." — Cook and serve on a dish. Garnish with croquettes of crawfishes and potatoes "à l'anglaise." Serve apart a sauce Génoise.

Salmon-trout "à la Montgolfier." — Braise in white wine, sprinkling often the trout. Prepare croustades of puff-paste. Cook 12 crayfishes and clean them. Keep flesh of tails and make a crayfish butter with the carapace, add it to the sauce made with remnant of trout cooking and crayfishes. Prepare a garnishing of mushrooms and fish roe, poached in white wine and coloped. Mix this garnishing with Nantua sauce.

Add some slices of truffles and garnish the croûtes. Serve the cleaned fish, pick in the flesh some reserved crayfish claws and surround with croustade. Serve the sauce apart.

Salmon-trout "à la Régence" (Rich cuisine). — Reduce the boiling until value of 1/2 pt. and add 1/2 pt. of velouté. Mix all with three egg yolks. Butter with 4 ozs red crayfish butter, add a garnishing "Régence" composed of roe, fish quenelles, mushrooms, shrimps and crayfish tails. Serve the garnishing around the fish and put 4 nice quenelles decorated with the spoon.

Salmon-trout "à la Laguipière" (Rich cuisine). — Poach a nice salmon-trout of 3 or 4 pounds. Prepare a garnishing of crayfishes boiled in white wine and very small collops full with a stew of oysters, mushrooms and shrimps mixed with a Mornay sauce and gratined. Prepare a good sauce Nantua with 8 crayfishes of which tails are used in the collops. Serve the trout on a long warm plate, clean the side which is presented and decorate with slices of truffles. Curled parsley. Serve with a sauce Nantua. (See illustration, page 217.)

Salmon-trout "à la Castellane" (Rich cuisine). — Salmon-trout of three pounds, stuffing with pike quenelles (without opening the abdomen, and made with a forcing-bag). Keep the skin in the middle of body on one side and recover the denuded part with a light couch of stuffing. Put on this 4 or 6 fillets of soles, not too fat, white, sponged and beaten. "Contiser" fillets with very thin half-slices of truffles (see illustration, page 20). Envelop the trout either with larding or with parchment-like and oiled paper and let it braise in oven with half a bottle dry white wine, usual vegetables for braising and carcass of fish. When ebullition begins, put it in oven. Cook 45 to 50 minutes, and often sprinkle. Prepare then the garnishing, either quenelles, shrimps croquettes and crayfishes. Make in a rectangular form the shrimp croquettes and fry them in oil at the last minute. Clean 12 crayfishes. Make a very thick Béchamel to which cooking of fish is added, and which is reduced in order to give to the sauce a creamy state. Butter or cream it strongly. Terminate with 12 poached and cleaned oysters. Nap fish with sauce and garnish with crayfishes, etc... (See illustration, page 218.)

The salmon

The salmon is entirely boiled, and served as a salmon-trout, accompanied with same sauces and garnishings. It can also be prepared and served under form of thick slices, which are called "darnes."

Darnes of grilled salmon. — Oil and grill the darnes, slowly until that picking central bone with a knife, it can be easily removed, which will mean a perfect cooking. Serve with a sauce Maître d'Hôtel or a melted butter.

Darnes of salmon "à la Foyot." — Cook the darnes "à la Meunière" and surround them with a crown of hazel potatoes. Serve apart a sauce Valois.

Darnes of salmon "à la Cancalaise." — Garnish the intestinal cavity of two nice darnes with a fine stuffing of whittings. Recover separately with a mousseline the prepared darnes. Attach them delicately and poach them during 35 to 40 minutes, drop and serve on an oval dish, not hollow but warm and garnish with two croûtons fried in oil. Put at each end of this dish 6 oysters "à la Villeroy" put again in their shell and on each side head of mushrooms. All mixed with a Nantua sauce. Put upon some quenelles of whittings. Serve well warm.

Bread of salmon "à la Valois." — Can be made with anyone fish. Prepare two tea-cupful thick Béchamel. Crush about 14 ozs raw fish and mix it with cold Béchamel. Salt pepper, spices and 2 ozs thick cream, a full egg and 3 egg yolks. Strain this mash through tammy and colour with carmine. Poach in bain-marie and in oven in a buttered timbale mould. Serve with a sauce Béarnaise added with melted meat glaze.

Mousseline of salmon "à la Chantilly." — Make a stuffing Mousseline with 9 ozs salmon. Add some drops carmine to reinforce colour and poach in bain-marie in buttered babas moulds. Keep 15 minutes in oven, without ebullition. Remove from the moulds, nap with a sauce mousseline added with crayfish butter. Put a crayfish tail on each small mould, white mushrooms in middle of the dish, but not sauced. Cut parsley upon.

Soufflé of salmon "à la Diva." — Prepare a stew of shrimps mixed with cream and put it in bottom of a great croustade or in small. Fill the mould with following mixture. Finely crush half a pound remnants of salmon with 2 ozs butter, put a coffee-cupful Béchamel and some spoonful cream. Season and heat, remove from fire, add 4 egg yolks and 2 white in snow and some carmine. Fill the croustades and put in moderate oven.

Waterzoei of fish "à la Flamande." — Take 4 1/2 lbs of river fish varied as : pikes, carps, tenches, eels, etc... Cut it in fragments and cook with water until entirely covered. Salt, pepper a bunch celery, and butter. Cook on quick fire for reducing cooking. Mix it with one or two crushed rusks. Sauce must not be too thick as at the same time thin slices of buttered black bread are served.

The Pauchouse. — Speciality of Bourgogne. This is a sort of "matelote" with white wine. Clean, scale and wash tenches, carpes, young pikes, eels, perches, barbels, trouts, etc. Do not leave the fish in water. Cut it in pieces and put in a casserole with seasoning, lardings, small onions, 5 or 6 entire garlies and a small bunch. Water with white wine and put on a ardent fire of wood, in order that the flames exceed the borders of casserole. In this way, when boiling, the wine will flame. Cook from 25 to 30 minutes. Make a golden roux with cooking. Let stew the fish in the sauce. Serve with fried croûtons of bread, in butter and brushed with garlic.

On the Atlantic coasts, same preparation is made. It bears the name of "Chaudrée" but it is not strictly prepared with river fish.

CRUSTACEOUS AND SHELLFISH

This is a chapter of which recipes have been often put in culinary books and which have a reputation in the epicure people.

Lobster "à l'Américaine." — Take small alive lobsters. Cut them, without hesitating, in not too gross pieces and put them immediatly in a casserole containing butter and boiling oil. Toss them, as for a stew, until colouration of carapace. Add a spoonful chopped shallots, then 1 minute after some crushed garlic. Pour 3 table-spoonful Cognac and let it flame. When flame is extinguished, water lobster with half a bottle white wine and tomato mash. Salt, pepper and cook 20 minutes. Remove pieces from fire and put them in a warm place. Terminate the sauce in putting like an egg of meat glaze, some chopped parsley and tarragon and also liquid obtained from lobster when cutting it (which is the blood) and the creamy parts, green or yellow, contained in the carcass of lobster and which are mixed with some butter. Mix all in a saucepan, give two or three simmerings, season the sauce, then pour it, without being strained, on the lobster. Powder with parsley.

Lobster "à la Créole" or "à l'Indienne." — Boil the lobster in very salted water. Separate it in two parts and remove the flesh. Collop it and lightly heat it in butter. Let it stew in a good sauce with curry. Serve in a border of rice "à la Créole." Sauce apart. (See illustration, page 190.)

Lobster "à la Cardinal." — Boil the lobster. Separate it in two parts, in sense of its length. Remove the flesh of the tail, without damaging the carapace. Collop the flesh, keep it in warm in a Cardinal sauce. Grossly hash flesh of claws, add mushrooms and truffles cut in dice and mix with some Cardinal sauce. Put this in bottom of the two half carapaces. Place upon the collops with a slice of truffle between each. Nap with some spoonful thick Cardinal sauce, added with Cayenne pepper, powder with rasped Gruyère and glaze in very quick oven. Serve on a serviette with a border of curled parsley.

Lobster "à la Thermidor." — Separate in two parts the alive lobster and cook it in a casserole containing butter and boiling oil, the side of flesh seized the first. After 5 to 6 minutes, return the pieces, season with salt and pepper and put in very hot oven during 1/4 hour to be roasted. Brown in butter a spoonful chopped shallots, add a great glassful white wine. Reduce to half, then add 7/8 pt. double cream, some spoonful Béchamel, chopped parsley, salt, Cayenne pepper and strongly reduce it in stirring with spatula until it can nap. Remove all the flesh without damaging the carapaces, cut them in small dice, add to the sauce and continue the cooking during a moment.

Terminate apart from fire with a pinch mustard in powder and 4 ozs raspep Gruyère. Fill the carapaces with this hash, sprinkle some Gruyère and glaze in quick fire. Serve on a serviette. (See illustration, page 189.)

Lobster "à la New-Burg." — Boil a lobster. Decorticate and cut flesh of tails in collops, break the claws. Extract the flesh and the one of carcass and legs. Lightly heaten these fleshes in butter, put a liquor glassful of "Fine Champagne" and 6 table-spoonful madeira. Let it stew a moment, then water with 4 ozs thick cream. Add the mushrooms, slices of truffles, salt and Cayenne pepper. Slowly reduce it and at the last minute, mix with two egg yolks and some cream. Not boil and serve immediatly.

Nota. — With this lobster, as well as for lobster "à l'Américaine", serve apart rice "à la Créole."

Crawfish "à la Normande." — Boil the crawfish. Separate it in two parts in sense of its length and cut in collops the flesh of tail. Cut in fragments the flesh of claws and mix it with mussels, mushrooms and slices of truffles. All previously cooked, added with a sauce "Normande" made with cooking of mussels and mushrooms mixed with egg yolks. With this mixture, garnish bottom of the carapaces and put upon the collops of crawfish. Recover with sauce and glaze in very hot fire. Put the crawfish on a long dish and decorate with slices of truffles and some gudgeons, recovered with bread crumbs and fried.

Devil grilled crawfish. — Take an alive crawfish. Separate it on its back, in sense of length. Season, oil and grill it on moderate fire, during about 30 minutes per 2 lbs. Serve with a Devil sauce or another, but with very pronounced seasoning.

Crawfish "à la Pompadour." — Very exquisite fish recommended for dinner where it is apprehended that crawfish is contra-indicated to certain guests. Make a crawfish "à la Cardinal" and fillets of soles with white wine. Serve on a same long dish, halves of crawfish and surround them with some fillets of soles with white wine. Crawfish will not be so great than when served alone. (See illustration, page 190.)

Nota. — The crawfish can also be prepared as the lobster. We will pay attention to the fact that crawfish is better cold than hot, instead that lobster is better when hot.

Pilaff of crawfish or lobster. — Prepare 9 ozs rice Pilaff (see vegetables). Put it in a great buttered bowl, reserving an hollow in center which is full with crustaceous flesh, terminate in filling with rice, well compress and remove from mould on a round dish. Surround with a light sauce Cardinal, decorate with claws. (See illustration, page 190.)

Boiled crayfishes or swimming. — Prepare a court-bouillon of carrots, onions and some shallots, all minced in fine rounds, parsley, thyme, bay-leaf, salt and pepper grains. Water with 1/2 pt. white wine and after it has boiled until complete cooking of vegetables, pour the washed crayfishes, cleaned of the intestinal gut (operation made in pinching with the nail the middle

paddle near the flesh, and when plucking it the gut is coming with). Cover and cook the crayfishes during 10 to 12 minutes according to their size, pour in a timbale and serve as it is with the cooking.

Crayfishes in bush. — Cook them as above and serve in dôme on a plied serviette in cone and garnished with well green parsley. (See illustration, page 219.)

Crayfish "à la Bordelaise." — Toss in butter a Mirepoix of carrots, onions, shallots, put the alive crayfishes and prepared as stated above. Toss them on direct fire until the carapace becomes red. Flame them with some Cognac, water them with a glassful white wine. Serve the crayfishes in timbales. Reduce cooking with like an egg of meat glaze. Add, apart from fire, a piece of butter and pour on the crayfishes. Powder with chopped parsley.

Gratin of crayfishes. — Toss the crayfishes in butter with chopped shallots, thyme and bay-leaf. When they are red, water them with some white wine. Season with salt and pepper. Cook during 10 to 12 minutes. Remove flesh from the carapace. Add some Duxelles to the cooking and reduce to half. Add some half-glaze and again reduce. Join a spoonful chopped parsley. Prepare on a dish a turban of Duchess potatoes, pour in middle a couch of gratin sauce, and then flesh of crayfish tails. Recover with sauce, bread crumb, melted butter and gratin in oven.

Small crayfishes. — Are prepared exactly as crayfishes. They can also be served "à la Créole," but the decorticated tails are only used.

The demoiselles of Cherbourg. — This is the name given to small lobster — weight from 7 to 9 ozs. Prepared as lobster.

Scallops "à la Parisienne." — Put the scallops 5 to 6 minutes in oven, until they are open, then remove the flat part, take the flesh which is washed in several waters suppressed with the black part and nervous membrane surrounding the flesh, and in maintaining only the "nut" and red part. Cook the flesh with some white wine and a chopped shallot, salt and pepper. Cut in collops and mix with well seasoned Béchamel sauce. Clean the shells and stuff them, nap the top with a spoonful Béchamel sauce powder with cheese and bread rasping, recover with butter and gratin. Some mushrooms can be added to the flesh or remnants of fish, crawfish or lobster.

Devil scallops. — Cook entirely the scallops in oven, empty them and hash the flesh, mix with some cooked and chopped onion, cooked in butter, a small piece of old bread, wiped in milk and well pressed, and crumbled; some chopped parsley, salt, cayenne, some spoonful Béchamel sauce, a pinch mustard and some drops Worcestershire sauce. Fill the shells with this hash, sprinkle some bread crumbs and gratin.

Scallops "à la Duchesse." — Proceed as for scallops "à la Parisienne," but surrounding each scallop with a lace of Duchess potatoes, made with the forcing-bag.

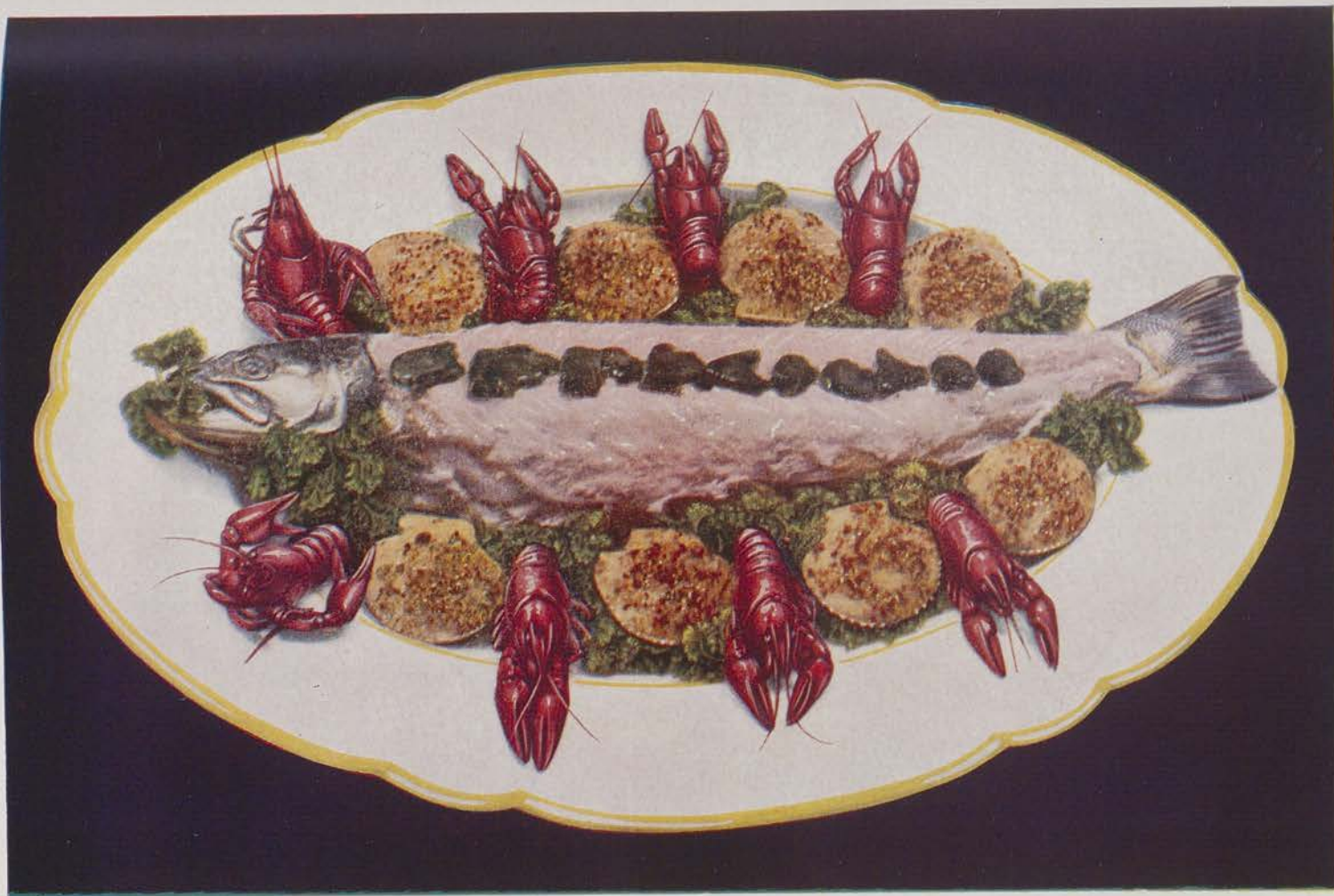


Fig. 163. — Salmon-trout "à la Laguipière" (see page 212).

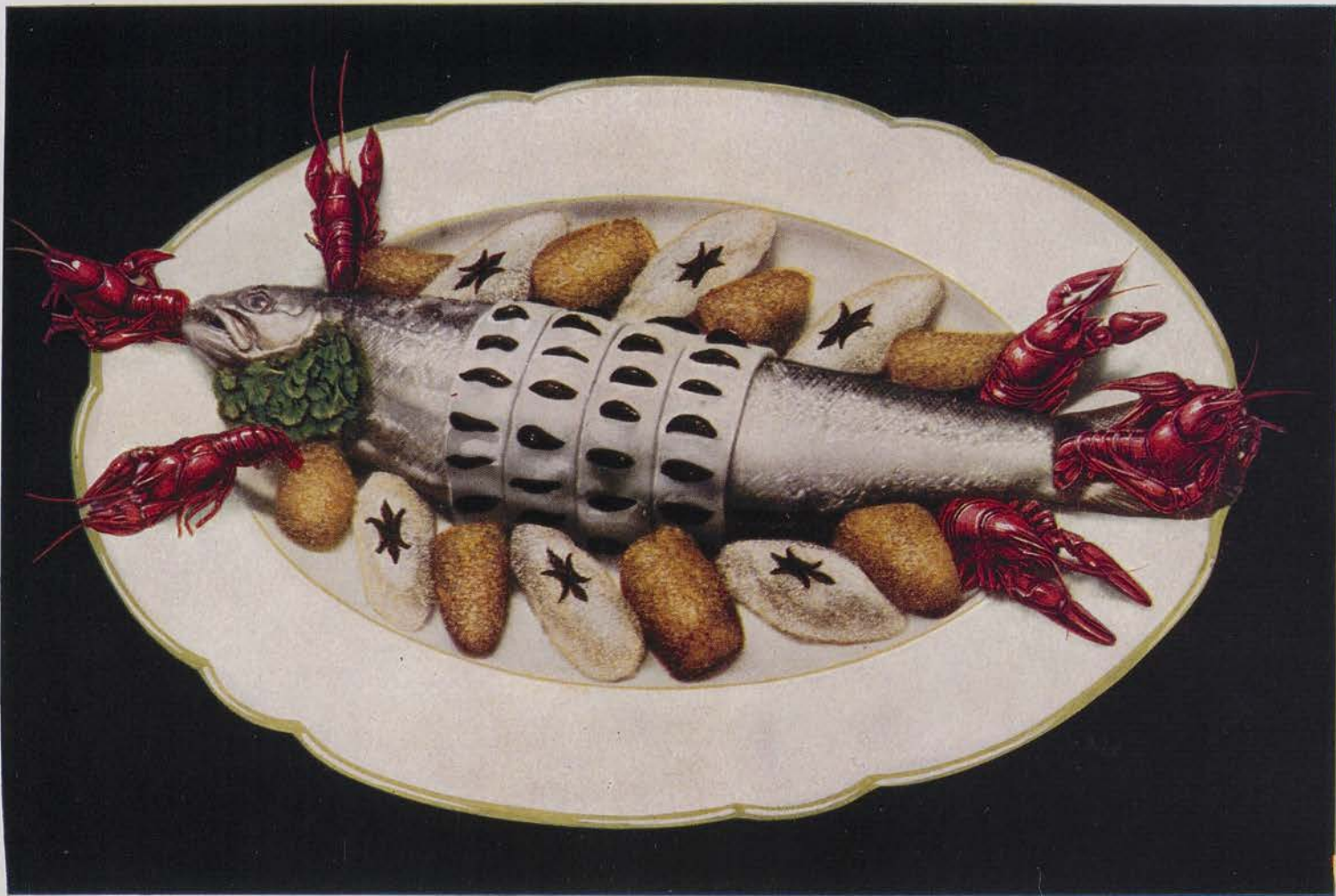


Fig. 164. — Salmon-trout "à la Castellane" (see page 212).



Fig. 165. — Dish of piled-up crayfish (see page 215).



Fig. 166. — Glazed pike "à la Riga" (see page 222).



Fig. 167. — Salmon-trout or glazed bass "à la Wladimir" (see page 224).



Fig. 168. — Fan of sole fillets with jelly, prepared on salad (see page 225).

Scallops "à la Dieppoise." — Same proceeding as for scallops "à la Parisienne," mixing to the flesh of scallops, a small quantity of poached mussels.

The scallops. — Very small appreciated "entrée." Scallops must be selected well gross and clothed, as for all other shellfish.

Crabs and tourteaux "à la Mornay." — Cook them in salted water and remove the flesh when cold. Keep all the part below in order to have only the shell and clean all the flesh which is melted with the creamy substance contained in the carcass. Mix all with a sauce Mornay. Fill the carcass, sprinkle some cheese and bread rasping. Recover with butter and gratin. Serve with a crown of parsley. They can also be prepared cold.

Crabs in Pilaff. — Mix the flesh with a shrimp sauce and serve in middle rice Pilaff, as it is stated for pilaff of mussels.

Mussels

Mussels are delicious shells, but they cannot be again eaten if a first experience proves they are not convenient to the body. They must be very fresh and well enclosed in their shell. Do not eat mussels from June to September, it is more prudent.

Mussels "à la Marinière." — Clean and carefully wash the mussels and cook them in a glassful white wine, a spoonful chopped shallots, a branch parsley, some thyme, bay-leaf and pepper (but no salt). When mussels are well open and that cooking is going upon them, they are cooked (after they become coriaceous and they shrivel). Remove mussels and add a piece butter to the cooking, shopped parsley and reduce to half with strong simmerrings. Pour on the mussels of which shell has been kept. Chopped parsley upon.

Mussels "à la Poulette." — Cook mussels as above, then make a white sauce with the cooking. Mix this sauce with 1 or 2 egg yolks, a good piece of butter and lemon juice. Pour on the mussels, cleaned of their shell and powder with chopped parsley.

Mussels "à la Villeroi." — Cook gross mussels, clean, sponge and wipe them in a Villeroi sauce made with their cooking. Let them get cold, recover twice with bread crumb "à l'anglaise" and fry them.

This method for preparing mussels is more used for obtaining garnishing of a great fish, than served as it is.

Pilaff of mussels "à l'Orientale." — Cook rice Pilaff (see rice) and further mussels "à la Marinière;" with cooking of mussels make a sauce "velouté" and mix in it a good pinch curry or saffron. Mix mussels in this sauce and serve in middle of rice, which is put in border.

Snails

Preparing of snails. — Take snails which have fasted during a long time and of which the opening is shut with a thick pellicule. Wash them in vinegared water and put them to white during 10 minutes, refresh them entirely and keep them out their shell and remove the black end; cook them in a very aromatized court-bouillon during 3 or 4 hours and drop them. Clean the shells and dry them in stove. Introduce in each shell a snail and fill with snail butter (see butters). Put the snails on a plate-iron and pass them some minutes in very hot oven; serve immediatly.

The bigorneaux. — Sort of small snails of sea, which are cooked as mussels and served when cold (see hors-d'œuvre, page 117).

The shrimps. — When shrimps are alive, put them in well salted and boiling water, then plunge in the cooking a piece of iron reddened in fire (for instance : the poker). This method used by fishermen renders the shell of shrimps more rosy. Shrimps can be served, apart from the hors-d'œuvre, either in small boats, or in pilaff, or in small aspics with jelly for garnishing a big fish.

The nice red shrimp, called "Bouquet" (Bunch), is used for decoration of fish, cold or warm.

COLD FISH

In a general rule, all fish can be served cold, either with a vinaigrette, in mayonnaise, in jelly, or presented in salad or in shell if there are remnants of fish.

Eels with green. — This dish pertains to the Belgian cuisine. Cut in fragments eels from 1 1/4 lb. to 1 3/4 lb. Clean, empty, wash them, warm then some butter and put fragments in. Recover during they are whiting with a good couch sorrel, chervil, parsley, savory, sage, all finely chopped. Melt 5 minutes. Then water with a glassful white wine and water to bathe all. Well season and cook 20 to 25 minutes. Prepare in a bowl 3 egg yolks, a lemon juice, and a good pinch fecula, mix and pour a small quantity of cooking of fish. Then put all in the sauce for mixing it well, but without boiling. Serve the eel in a basin and pour all the mixture. Let it get cold. This dish is eaten cold or lukewarm.

Glazed pike "à la Riga." — Is to be served cold and in whole. Drop it after coolness, clean it and decorate facultatively the flesh, either with truffles, either with Montpellier butter; recover with jelly and garnish it with some garnishings suitable for cold fish (hard-boiled eggs, emptied and full of caviare, salad of tomatoes). Between each garnishing, remove from mould

a timbale of jelly "moscovite" (whipped jelly on ice with 2 or 3 spoonful mayonnaise). Serve with a green sauce. Trout and brill are presented in the same way. (See illustration, page 219.)

Jewish carp with currants. — Toss lightly in oil, without giving colour, one onion and two shallots. Powder with flour and water with half water and half white wine, until that carp bathes. Add bunch, salt, pepper in grains, and some spoonful olive oil. Boil and put the fish cut in fragments, slowly cook during half an hour, serve on a long dish, reduce cooking to $\frac{3}{4}$ and add a pinch of saffron in powder and pour on the carp, reconstituted on a dish. Surround with Smyrne or Corianthan currants, previously cleaned. Serve when sauce becomes a jelly.

Cold salmon or trout, green sauce. — Salmon cooked as it is stated, let it get cold in its cooking, either when it is in whole or in darnes. Drop it and serve on a serviette with curled parsley and slices of lemon.

Serve apart a green sauce which can be replaced by a mayonnaise or a sauce Tartare.

It must be mentionned that English method wants to serve at the same time a cucumber salad.

Darnes of cold salmon "à la Moscovite." — Poach in a court-bouillon two nice slices of salmon of 14 ozs each. Let them get cold in their cooking, drop them and serve on a long dish. Decorate with nice red shrimps and anchovy fillets with oil. Garnish with very small croustades of short-paste full, ones with caviare and other with fine beetroot salad and celeriac. Serve with a well seasoned mayonnaise added with rasped horse-radish.

Medallions of salmon "Majestic." — Cut in slices of salmon, small and well round collops and poach them in oven with some white wine, salt and pepper. Poach at the same time the remnants of salmon. Let get cold and with these remnants make a foam of salmon with cream. Sponge the medallions, mix some shrimps tails to the foam and garnish in a dôme the top of medallions. Nap with a good and thick mayonnaise, serve with a salad of potatoes, horse-radish and nut mixed with same sauce. Pick a nice red shrimp in each medallion and surround the dish with lemon slices.

Salmon-trout "à la Russe." — Cook in court-bouillon with dry white wine a salmon-trout. Nap with jelly of fish prepared with reduced cooking of court-bouillon. Decorate the top of trout with green mayonnaise made with fish jelly. Surround with small croustades garnished with russian salad.

Salmon-trout "à la Daubigny." (Well-treated cuisine). — To serve for 8 to 10 persons. Poach a nice salmon-trout weight of $3\frac{1}{4}$ lbs to 4 lbs. After 10 to 20 minutes cooking, drop the trout, of which the skin is entirely removed and which is dressed, placed on the abdomen, on a socle of rice, previously prepared and put in middle of an oval dish, not hollow but cold. After that the two sides of the trouts are decorated with small motives of truffles, it is glazed with a brush put in half-seized jelly. Then on each end of the fish a garnished skewer (hâtelet) of nice rosy shrimps is put. Shrimps are put

first in jelly to be brilliant. The dish is surrounded with small scallops stuffed with vegetables salad and decorated and napped with jelly. Between the scallops half a hard-boiled egg is put, emptied and garnished with caviare. Put some half-seized jelly in bottom of the dish all round the socle and serve very cold.

Trout "à la Parisienne." — Poach the trout in court-bouillon and let it get cold. Serve on a rice socle and recover it entirely with a sauce mayonnaise with jelly, in which 4 ozs crayfish butter dre added. Surround the trout with croustades garnished with vegetables salad and small timbales of fish jelly, well clear and in which some shrimps tails are put.

Salmon-trout "à la d'Orsay." — Boiled and cold trout served on chopped jelly. Surround with small aspics of shrimps, made in babas moulds and halves of hard-boiled eggs, ones of which are full with caviare and others with tomato salad. Serve apart a green sauce.

Glazed trout "à la Vladimir " (Rich cuisine). — Cook the trout in court-bouillon, let it get half-cold and drop it; serve placed on a well cold and long dish and clean it. Separate the fillet in two parts, in sense of length, and further cut obliquely each part. Pass further the knife along the bone for separating all the flesh, in order that guest can easily serve himself with the fish-carver. Garnishing is made with 8 hard-boiled eggs, separated in two parts in sense of length; strain the yolks through tammy and mix them with 3 ozs melted butter; salt pepper and a spoonful mayonnaise. Divide this mash in two parts : in one add some spinage mash, watercress, chervil and tarragon to be green and in the other two spoonful reduced tomato mash to be rosy, alternate the eggs and put them on a round of lemon. Nap all with a light tarragon jelly, not coloured. Surround the fish with half-slices of ribbed lemon and serve at the same time a green sauce. The brill can be presented in the same way. (See illustration, page 220.)

Glazed salmon-trout "à la Norvégienne." — Prepare and empty through the gills a nice salmon-trout, weight of 3 or 4 pounds; maintain it on the grill for fish and attach it with string, going through the gills, not too closing, but in maintaining the fish on the abdomen. Cook it following principles during a small hour, let it get half-cold, drop it and terminate coolness in a glacière. Prepare a rice socle, size of fish and having the form of a boat. Hollow the top in order that the carp can be stood in equilibrium. Garnishing is composed with small pieces of cucumbers, hollowed, whited, seasoned and full with shrimps tails mixed with mayonnaise, between each piece of cucumber a very small cleaned tomato is put, pressed in a cloth and of which the peduncle is made with some green butter. Nap these tomatoes with jelly in order to be more brilliant. For presenting the trout with art, it must be near entirely cleaned, then placed upright, but keeping some of its silver dress near the end and tail. Brush the denuded fish with some half-seized jelly, put a nice decoration of truffles, not too much; pick along the back a lace of red shrimps of which paddles and whiskers are only removed, then glaze all with half-seized jelly, very lightly reddened with carmine. Surround with the gar-

nishing and further with ribbed slices of lemon and serve together with a well seasoned mayonnaise. (Not cut in advance as for trout "à la Vladimir," owing to its presentation.) (See illustration, page 224.)

Nota. — Great part of recipes for trouts are suitable for brill and even for pike. Garnishing of cucumber can be replaced, out of season, with stuffed hard-boiled eggs.

River trouts with jelly. — Poach small trouts with white wine and let them get cold; serve on a long dish and nap with half-seized jelly. Decorate with rosy shrimps, or either with whited tarragon leaves and surround with chopped jelly.

Trouts with jelly and red wine. — Same proceeding with red wine of Bourgogne which is added to jelly and clarified. Add some caramel and decorate the trouts with small pearls of carrots, turnips and truffles.

River trout "Andréa." — Take half a dozen small river trouts. Cut the fins, scale and empty through the gills, without opening the abdomen, clean and poach them in a court-bouillon with white wine, strongly seasoned with tarragon. Let them get cold in their cooking. With the court-bouillon, prepare a fish jelly in cooking some heads or bones of gelatinous fish, if possessed, or simply added with ordinary jelly with reduced flavour of fish. Clarify all. Garnish with shrimps foam, small croustades. Prepare also a glazed tomato foam and put it in bottom of a long dish when nearly seized, put upon the cleaned trouts and decorate the top with some leaves of whited tarragon and some motives of carrots which are put making vase and flours. Copiously nap these fishes with half-seized jelly and let them get cold on glaze. Surround the trouts with garnished croustades on which are put two shrimps tails, back to back and which are glazed with jelly. Surround the dish with lemon slices. (See illustration, page 229.)

Cold colin "à la Russe." — Any fish can be presented in this way. Keep the bones, dress on a long dish with some russian salad at each end and decorate with mayonnaise very hard with a forcing-bag and a ribbed fancy-pipe. Complete decoration with some anchovy fillets. (See illustration, page 233.)

Red mullets "à la Niçoise." — Poach small red mullets with white wine and some rounds of onions. When they are cold, serve putting on each a small tomatoes salad, finely cut with rounds of onions and chopped parsley. Half-slices of lemon between each and in border. Reduce cooking of red mullets and pour it on all. (See illustration, page 229.)

Fillets of soles with jelly. — Proceed as for river trouts with jelly, keeping fillets in all their length. Lemoned them after cooking, in order to be well white and decorate them with truffles.

Glazed fillets of soles as fan. — Keep 3 or 4 fillets of soles, sponge them after disgorgement, beat and ploy them. Poach them in white wine added with some lemon juice and seasoned. With carcass of soles and 3 1/4 lbs common and gelatinous fish, prepare a fish jelly to which 5 or 6 sheets gelatin are added

and clarify it. When fillets of soles are cold, decorate with slices of truffles and nap with a good couch half-seized jelly. Serve on a prepared rice socle, in form of inclined and open fan and form the point with 5 small crayfishes cooked in court-bouillon and recovered with jelly. With some of this jelly, hashed and truffled, make with a paper cornet a light and fine lace between each fillet, nap around the socle with a good vegetable salad mixed with thick mayonnaise, well seasoned.

Terminate decoration of dish. Whip on crushed ice, not salted 1/2 pt. warm jelly and when it is coagulated and well foamy, put it in a forcing bag and with the big ribbed fancy-pipe surround the fan with a ribbed lace in which nice red shrimps are picked from place to place, not too gross and previously put in jelly. Keep in cool place, and serve with mayonnaise. (See illustration, page 220.)

Cold crustaceous, lobster or crawfish

Aspic of lobster or crawfish. — Recover a mould with good jelly, decorate bottom with slices of truffles, alternated with rounds of hard-boiled white of eggs and put upright against the mould; recover with well cold jelly, but liquid and put on ice. Put on this first slice, some slices of lobster, recover with jelly and put also in ice. Proceed like this, until the mould is entirely full and keep on ice until the last minute. To remove from mould, put quickly the mould in warm water and return it on a round dish garnished with a serviette; shake in order to have the aspic. Serve as it is. (See illustration, page 233.)

Aspic of crawfish "à l'Impériale." — Prepare on the preceding day a jelly of aspic, a rice socle, a salad macedoine, cook a crawfish of about 3 pounds. Cut its tail in nice collops and decorate them with a slice of truffle then nap with jelly and keep in cool place. Clean claws and carcass of crawfish and crush the flesh with 5 ozs butter, 5 ozs cream, some spoonful thick Béchamel, season, colour in pink and strain through tammy; make 8 small balls which are rolled in chopped truffle and 8 tartlets. Keep remnant of foam, recover with jelly a mould for charlotte, decorate bottom with truffles, put upright slices of crawfish and fill the middle with a salad macedoine mixed with mayonnaise, pasted with jelly. Let seize this first couch, then put upon some foam of crawfish, remnant of salad and jelly. When ready for serving, remove from mould the aspic on a rice socle, surround with chopped jelly and put around medallions of foam and the imitated truffles. Serve well glazed, with a sauce mayonnaise.

Crawfish Mozart. — Boiled crawfish, cold and separated in two pieces in sense of length, without damaging the carapace. Keep the flesh, cut in collops and garnish the half-shells with vegetable salad mixed with mayonnaise. Range, in echeloning, the pieces of crawfish for garnishing the carapaces; put in middle of the dish a socle of vegetable salad and place on each side the two halves of crawfish, in order that it forms a lyre. Nap with jelly or mayonnaise pieces of crawfish, decorate them with truffles. Dispose bet-

ween each half on the salad, three symetric range of red shrimps in order to form the 3 lines of lyre and nap all with jelly; sauce mayonnaise. (See illustration, page 232.)

Crawfish "à la Cupidon." — We have seen in the crawfish "à la Mozart" that the two half-carapaces are easily placed in form of lyre. Here they are placed in the opposite and have form of a heart. Fill the carapaces with vegetable salad mix with mayonnaise and to which are added all remnants of claws and carcass. Put upon, in proping, the flesh of these halves, nap them with mayonnaise and decorate with slices of truffles or pick red shrimps upon. In center of this heart, put remnant of salad and recover with nice rounds of hard-boiled eggs. Garnish unoccupied parts of the dish with chopped jelly and borders with slices of lemon or tomatoes. Serve apart a sauce mayonnaise. (See illustration, p. 232.)

Crawfish "à la Parisienne." — Cook in advance a crawfish about 2 1/2 lbs in a great quantity of very salted and boiling water. Prepare also a salad macedoine of vegetables mixed with mayonnaise and added with 1/3 oz. melted gelatin. Separate flesh of crawfish tail, without damaging the shell and cut it in about twenty thin slices which are decorated with truffles and napped with jelly. Prepare the carapace of crawfish on a rice socle made in an inclined plane and recovered with lettuce leaves. Fill with vegetables salad the emptied tail of crawfish and put along back of crustaceous slices of tail flesh, in proping, one on the other. Garnish around the crawfish with croustades and artichokes bottoms full with salad and quarters of eggs placed between them. Make a border with slices of lemon and serve apart a mayonnaise. This crawfish is also called "à la Russe." (See illustration, p. 231.)

Crawfish Mayonnaise. — Separate in two parts the crawfish and serve apart the sauce. The Mayonnaise can be replaced with another sauce and crawfish by a lobster. The two halves of crawfish can be lightly washed and prepared on a parsley bed. This is a nature service.

Small crawfish "en Bellevue." — When cooked and cold, they are served on border of a large cup with stand, suspending them with the tail. Garnish center of the dish with russian salad, or simply a bush of fresh parsley.

Tourteau "à la Russe." — Cook 30 minutes in salted and boiling water a tourteau of 3 pounds. Empty and clean all the flesh and all comestible part, which inevitably is terring up. Mix the flesh with a salad macedoine of vegetables. Add a very hard mayonnaise and fill the carapace which has been brushed and wiped. Nap all with mayonnaise and decorate the top with tarragon, chervil, hard-boiled eggs, capers, etc...

Glazed tourteau "à la Thermidor." — Same proceeding as for crawfish of this name, but do not gratin it, and recover with a tomated mayonnaise. Serve this original dish very cold.

Salad of crabs. — Take in preference the sea-spider, cook it 12 minutes in boiling water, let it get cold and clean the flesh which is put on a small dôme of minced lettuce. Cover with a light mayonnaise, decorate with anchovy fillets, capers and tarragon.

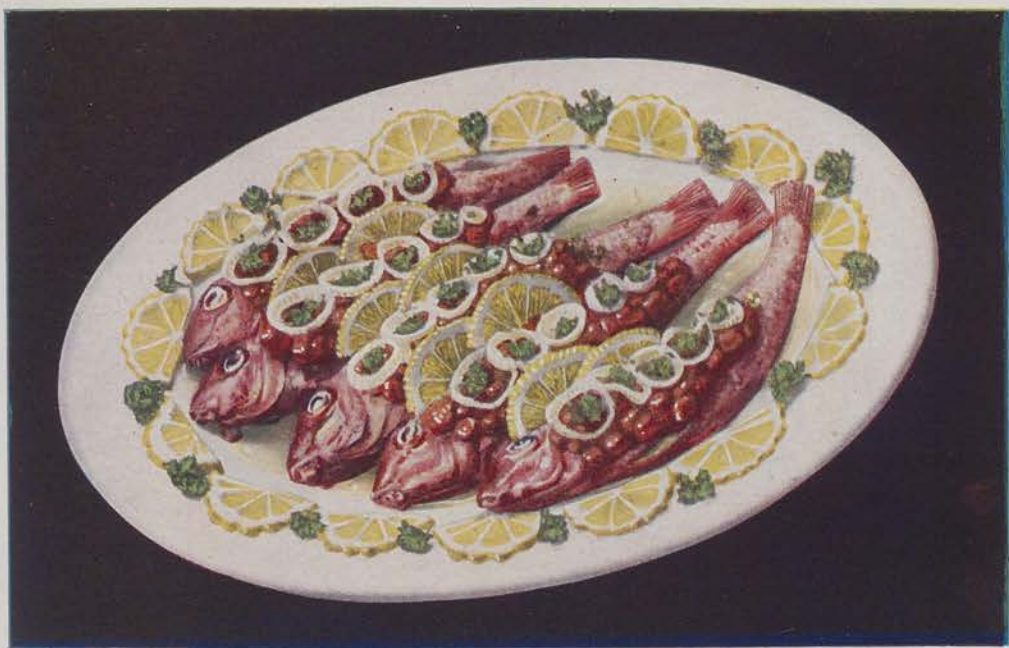


Fig. 169. — Cold red mullets "à la Niçoise" (see page 215).



Fig. 170. — Glazed freshwater trouts Andréa (see page 215).

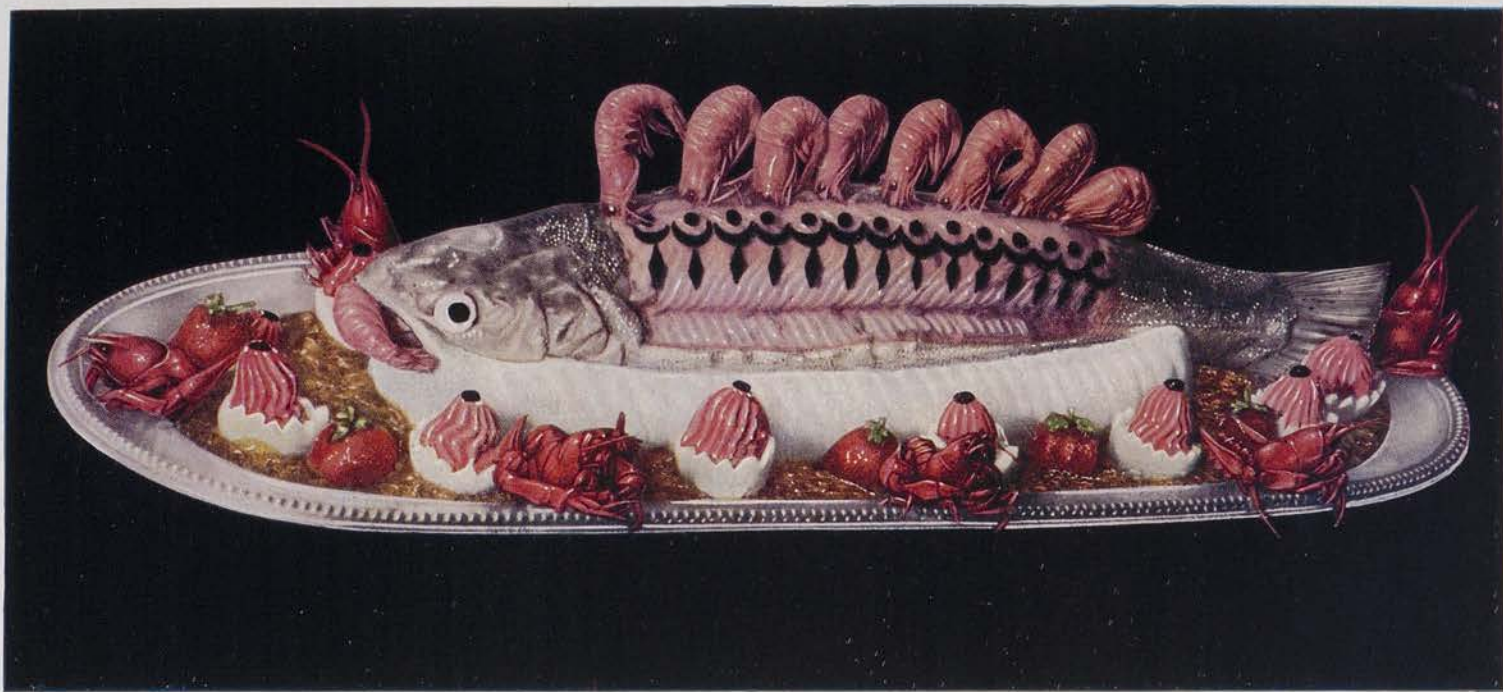


Fig. 171. — Glazed salmon-trout "à la Norvégienne" (see page 224).

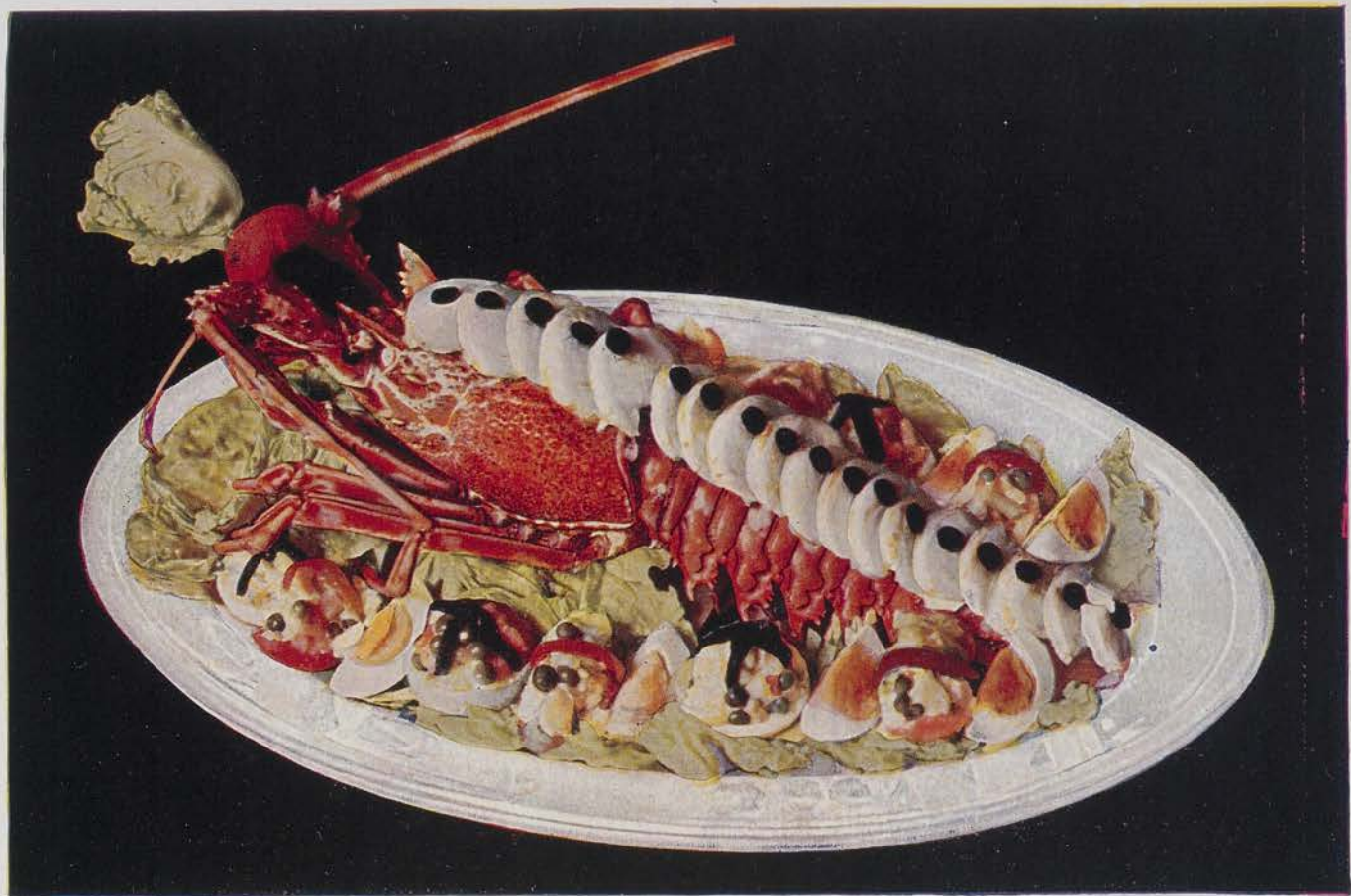


Fig. 172. — Crawfish "à la Parisienne" (see page 227).

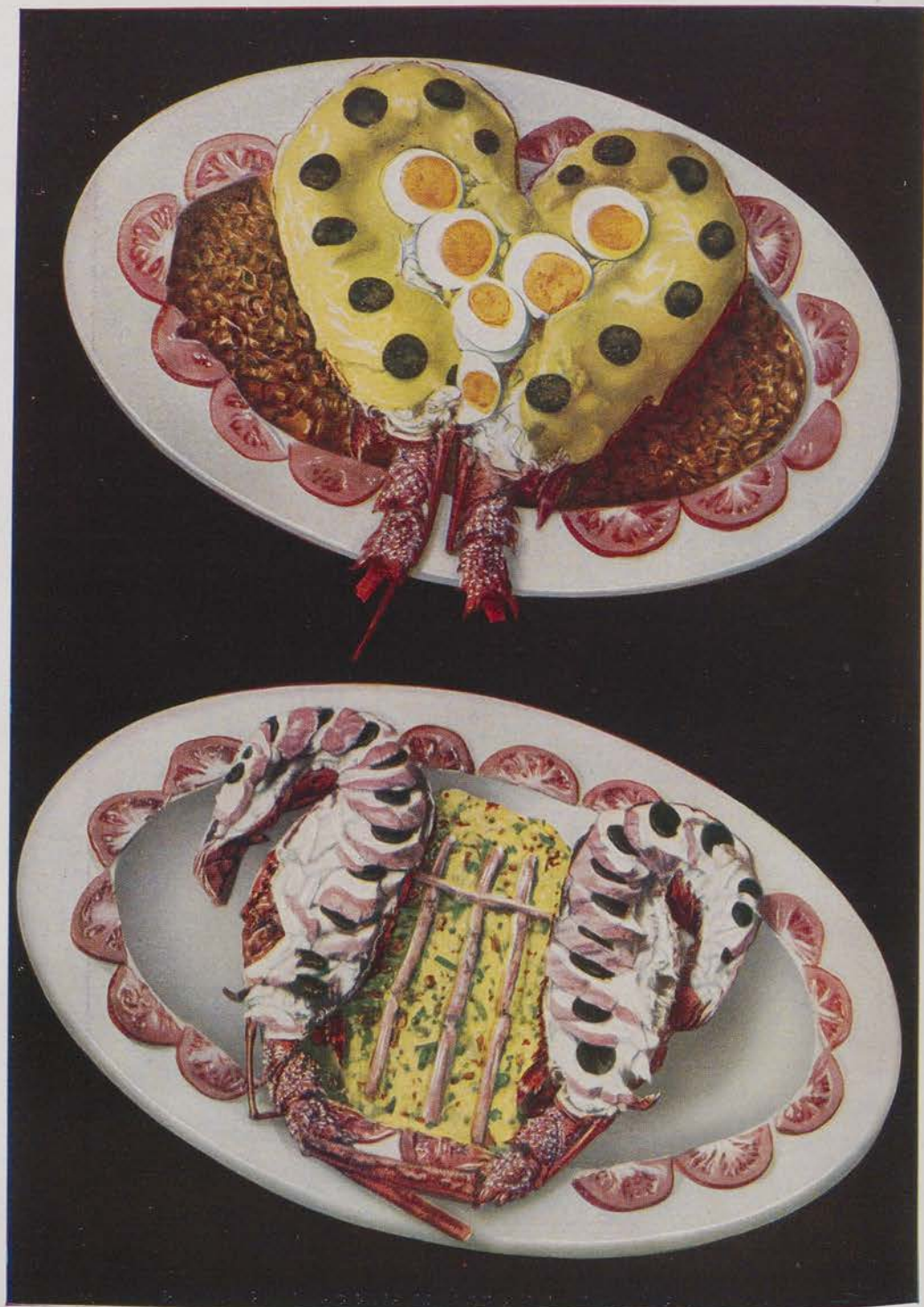


Fig. 173. — Crawfish "à la Cupidon" (see page 227).
 Fig. 174. — Crawfish "à la Mozart" (see page 226).



Fig. 175. — Fish "à la Russe" (see page 227).

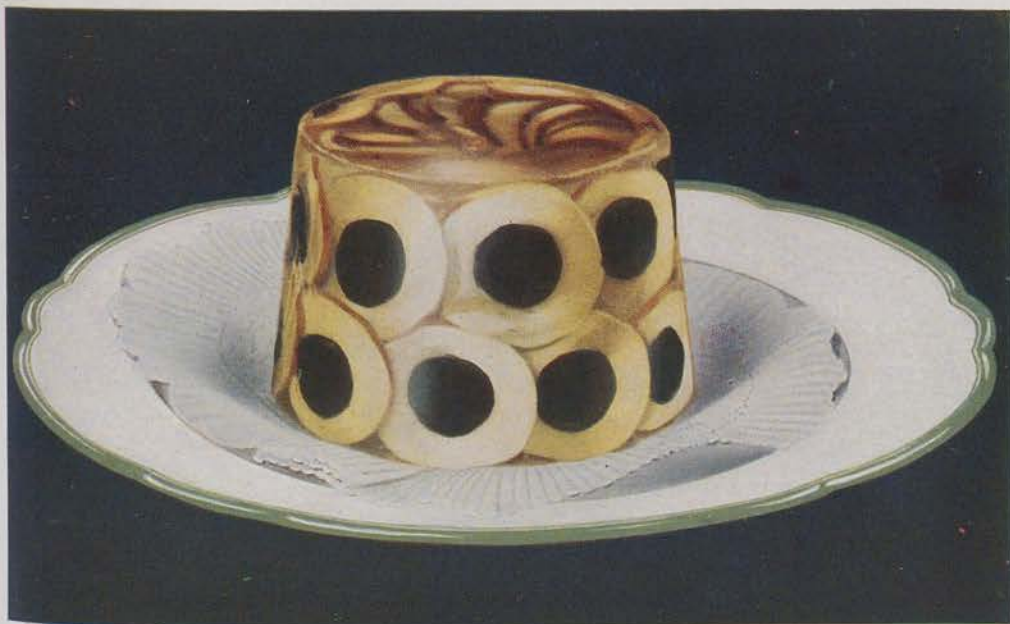


Fig. 176. — Aspic of lobster or crawfish (see page 226).



Fig. 177. — Porterhouse steak "à la Mirabeau" (see page 243).



Fig. 178. — Beef goulash "à la Hongroise" (see page 240).

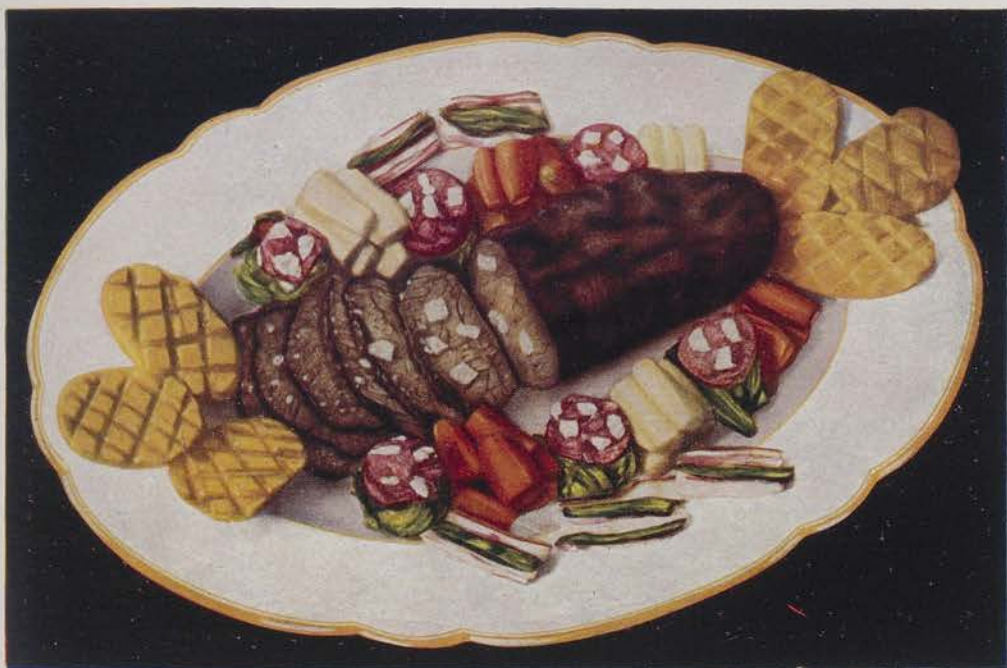


Fig. 179. — Beef aiguillette "à la Flamande" (see page 241).



Fig. 180. — Beef "à la mode" (see page 237).



Fig. 181. — Tournedos Henri IV, sauce béarnaise (see page 244).



Fig. 182. — Tournedos "à la Gabrielle," also called "à la Judic" (see page 245).



THE MEATS

The "entrées" of meat

The entrées are meats with sauce, garnished with vegetables or not, the sauteing, the braising, the panning, the pieces cooked in cocottes, the grillings, and fryings. The great pieces of meat, garnished with vegetables, all called "relevé" but they often play the rôle of entrées. In the entrées, can also be included : the stews, the blanquettes, the beef à la mode or in daub the civets, the small pieces of meat garnished or sauced, the tournedos, the collops, the veal sweetbreads, etc...

How to braise the meat

Where beef is concerned, the piece for braising is very meagre (either culotte, "tende de tranche," "gîte à la noix," etc.). Dryness of meat must therefore be altered. For this reason, the meat is "greased" with the larding-needle. Fillets of fat bacon are introduced in the meat (see illustration, p. 23), rolled in pepper, spice, chopped parsley and garlic. They are introduced in sense of meat, in order that on the cutting, the lardings are cut obliquely and not in length. The meat is then tossed with some grease. Add some rounds of carrots and onions. When it is well glazed, water it according to the respective recipes. Terminate seasoning, cover and slowly cook during 2 1/2 to 4 hours, according to the case.

The garnishings are added, taking in consideration the necessary time for cooking, in order that all is cooked when serving.

It is essential for a braising to stew very slowly so that it is well cooked, and can be separated with the fork without need of knife. It is necessary to remove the grease and strain it before serving.

The sauteings

The term of sauteing is often applied improperly to many different preparations. A sauteing of veal, for instance, is in reality a braising, as the meat is cooked like a stew.

But there are (apart from these stews) the sauteing which is rapidly made in pan or in sauté-pan and which is simply cooked in butter or in oil according to the case. Kidneys are also sauteings as they must be rapidly prepared on fire. The collops are also sauteings, and the same applies for tournedos when they are not grilled. The character of sauteing is to be seized and recovered with a light glazed crust which is transformed in a small roast.

According to size or thickness of meat, the seizing will be less or more violent. But the meat must be immediately seized in order not to render its juice. The white meats are first recovered with flour, which will form a light envelop and which avoids the interior juice of meat to be spread out.

The pannings

These are meats cooked in butter in a casserole (and not in a pan). First tossed, they are then lightly seasoned and lightly watered with juice or sauce for accompanying. A fillet of beef will be first tossed, then watered with a madeira sauce (or another) with which it must be served. Nearly always some rounds of carrots and onions are tossed with the meat. These vegetables must not be much coloured. Cover and cook $\frac{1}{4}$ hour per pound, like a roast. With this proceeding, the meat keeps aromate of its cooking. The surface gives a tender croûte, not hard (as often for roasted meats) which is resistant to the knife and needs effort; blood then comes on the cutting. If it is an "entrée," meat can not be served with vegetables, but is to be prepared keeping its particular character and its own savour. We recommend the preparing of panned meats which have more savoury than roasted meats, in case pieces are somewhat gross to be served in entrées. These meats must be rosy, without being as bleeding as a roast.

The entrées in cocottes or in casserole come from this preparation; they are the panning to which all the following recipes are adapted.

Important remark : A piece of meat can be removed from fire and maintained in heat $\frac{1}{4}$ hour before cutting. This will permit to the meat, swelled during cooking, to heap up, to shut its pores and then blood is going to the center of meat. This recommendation applies for all meats.

The grillings

Grillings have a place in the entrées, whereas they keep place of a roast. A grilled Châteaubriant, a rib-steak, or a grilled steak of veal, simply accompanied with watercress and butter "Maitre d'Hôtel" are also sorts of roasts.

However, we repeat that we put them in the entrées, principally as these grillings are garnished, sauced or juiced.

In order to grill the meat it is necessary that combustible of braising (braise or woodcoal) is well inflamed and well spread. Put the well cleaned grill and heat it strongly for seizing the meat and avoid it pastes to the grill. Oil the meat on both sides, lightly salt and put it on the grill.

Cook about 5 minutes for a rib-steak or a meat somewhat thick, then take it and put it on the same face obliquely to the grill, in order that the marks of grill are put on the meat for making a checkering. When blood comes on the raw surface, lightly salt and oil again, then turn the meat in order to cook on the other side until the top is also wet. Do not press the meat, nor pik it.

The beef

Beef Bourguignon. — Take the neck, the "jumeaux," the cheek, etc..., all pieces contained in the second category and cut in very gross dice. Toss in a cocotte with warm grease. When meat is browning, powder with a spoonful flour for 2 lbs meat (8 persons). Add two chopped garlicks, let also brown the flour, water the beef with half red wine and half water in order it bathes. Salt, pepper, add a bunch of herbs. Toss in grease, in a pan 4 ozs meagre slices of bacon and 30 small onions, which are joined to the beef. Cover and slowly cook during 3 hours. Add 7 ozs mushrooms with a spoonful tomato mash. Also 10 minutes cooking. Remove the grease and serve.

Beef "à la mode." — Take "aiguillette" of beef, called "baronne." Lardoons are put and meat is tossed. When coloured on the two sides, drop the grease and flame the beef with 6 table spoonful Cognac. Water with half a bottle white wine, and reduce to half. Water with stock, or water until meat is covered. Add a leg of veal, separated in two, bones and whited pork rinds which would render the sauce more gelatinous. Salt, pepper and a bunch. Cover and stew half an hour in oven. Add 30 small onions and a good quantity of cut or new carrots. Terminate with slow cooking, until that beef is soft. Well observe recipes given for vegetables added to meat (see in front of this chapter). Remove the grease, mix it with fecula diluted in some cold water. (See illustration, p. 235.)

The aiguillette is the finest piece. "Rond" can also be taken, but it is not so soft.

Beef in daube "à la Marseillaise." — Cut in gross dice 2 or 3 pounds of tranche or beef culotte. Larding and marinating until following day with white or red wine, a small glassful cognac, rounds of onions and carrots, pepper in grains, a good bunch of herbs and some garlicks. Sprinkle some oil. Put for cooking in a cocotte or in a "daubière" not too large. Garnish bottom with a couch of pork rinds cut and well whited. Put the meat upon with its marinate, vegetables included. Add 1 lb. chopped tomatoes and 1/2 lb. black stoned olives. If meat does not bathe, add some wine. Closely cover and cook in moderate oven during 5 to 6 hours. Do not salt too much. Remove the grease before serving.

Nota. — For preparing a "daube" a great piece of meat or detailed meat can be used. The proceeding is the same.

Rumsteak "à l'estouffade." — The rumsteak is sauteed or grilled and served as Châteaubriand, tournedos or ribsteaks. If the meat is too hard for grilling, it can be braised "à l'estouffade" with the following method. Toss

the rumsteak in a cocotte with lard, then remove the meat and put in place some carrots and onions cut in gros dice, toss them; put again the rumsteak, water with some white wine, a glassful stock and 1 tea-cupful half-glaze sauce. Season, add a bunch of herbs, cover well and cook slowly during 2 or 3 hours. Well remove the grease before serving.

Carbonades of beef "à la Flamande." (Belgian cuisine). — Cut in the tranche or in culotte, some thick beefsteaks about 4 ozs each, they can also be cut in the thin flank or with the thimble. Toss them in the pan and put them in a cocotte with a thick couch of minced onions, lightly tossed in lard (butter is not necessary). Recover with another couch of onions, season and water with half a bottle beer. Add a garnished bunch and 1 tea-cupful half-glaze. Cover and slowly cook in oven during 2 hours. Remove the grease and serve as it is with potatoes "à l'anglaise."

Gulash "à la Hongroise" (Hungarian cuisine). — Stew of beef much appreciated in Central Europe.

Cut in gross dice 2 lbs culotte of beef, brown in lard 10 ozs chopped onions, add the beef; mix and cover the cocotte in order that meat gives its juice. After a quarter of an hour, add a good proportion of tomato mash, a glassful water and 1 lb. chopped tomatoes. Salt and paprika, bunch of herbs and cook slowly during 2 or 3 hours, well covered.

Remove the grease and serve with a crown of big hazel potatoes cooked in butter, without colouration. (See illustration, page 234.)

Beef olives (oiseaux sans tête or paupiettes). — Cut large and somewhat thin beefsteaks in the culotte or the tranche. Season and put middle a meagre lardoon and a piece of ham. Envelop the bacon in rolling and stringing the beefsteaks, then toss in lard with onions and carrots in rounds. Water with a glassful white wine. Add chopped tomatoes or in mash. Let it braise slowly, covered, during 1 hour $\frac{3}{4}$ to 2 hours. Remove the string, and the grease and strain the sauce. Serve accompanied with a vegetable. Light sauce if vegetable is farinous, thicker if the vegetable is green.

Beef olives (paupiettes à la Provençale). — Same meat and proceeding as above. Replace the bacon by a couch of sausage flesh added with chopped parsley and some garlic. Add 1 lb. tomatoes cut in quarters and $\frac{1}{2}$ lb. stones olives. Stew again during $\frac{1}{4}$ hour. Remove the grease and serve when string is kept up.

Beef olives (paupiettes à la Milanaise). — Prepare and braise them as above, without garlic in stuffing. Surround with macaroni "à la Milanaise." Avoid olives.

Beef olives (paupiettes de bœuf au rizotto). — Same proceeding as above. Serve with a tomated and cheesed rizotto.

Aiguillette of braised beef. — Larding as for beef "à la mode" and toss in cocotte with grease, rounds of onions and carrots. Drop the grease and water with half a bottle white wine. Reduce to half and definitively water

the beef, until covered, with half-glaze sauce, lightly mixed. Season and put a bunch of herbs. Cover and let it stew during about 3 hours. Remove the grease, strain the sauce, reduce if necessary. Add the convenient garnishing, either braised cabbages, rizzotto, etc...

Aiguillette of beef "à la Flamande." — Braise the larded aiguillette of beef in watering it not so much as above. Prepare the cabbages with fat and a small sausage and chest bacon. Glaze separately carrots and cut turnips. Prepare also Flemish potatoes. Serve the cabbages in small piles, with a round of sausage upon and alternate with carrots and turnips. Cut the bacon in small slices and put one between each vegetable, the potatoes at each end of the dish (which must be somewhat big as it is a real family dish). Meat is put in the middle, cut and sauced. (See illustration, page 235.)

Pointe of culotte of beef "à l'Anglaise." — Take a pointe of culotte or a piece of rumpsteak about 4 1/2 lbs. Make a pot-au-feu with all necessary vegetables. Skim, add 2 or 3 cabbages cut in quarters and previously whited in boiling water. Strongly season and cook 1/4 hour per pound meat. Serve all on a dish and use cooking as stock. The meat remains bleeding.

Stew-Steak. — If a rib-steak or a slice of rumsteak is esteemed hard to be grilled, it can be prepared as follows : Toss on the two sides with grease of roast and remove it. Then put onions and carrots cut in dice. Toss these vegetables and water with a glassful white wine, a glassful stock, 4 spoonful tomato mash and seasoning. Cover, slowly cook 3 hours. Remove the grease and serve as it is with parsley. Potatoes apart and around.

Beef "à la cuillère." — Old french dish which can only be served for a great number of guests.

Take a piece of beef as for the beef "à la mode," squared and thick. Toss it with lard in a carrot and with carrots and onions. Water with a glassful white wine and tomated half-glaze sauce, in sufficient quantity to be nearly bathed. Season and braise as for the beef "à la mode" (3 or 4 hours according to size).

Keep the meat, let it get cold and cut a thick slice on the top. Hollow this piece in order to make like a timbale of which the separated slices will constitute the cover. Cut in small dice the removed meat and mix it with mushrooms, cooked veal sweetbreads, olives or another garnishing. Mix with the degreased cooking, also strained, and garnish the hollowed piece of meat; recover, sprinkle some bread crumbs. Recover with butter and gratin the meat which will be presented like a timbale with a garnished sauce-pan.

Beef "à la cuillère" (2nd. recipe). — Cook a good quantity of onions and carrots during 6 to 8 hours, in order that the meat is so cooked that cutting with knife is unnecessary. Well remove the grease which must be concentrated, sprinkle the meat and serve with the spoon.

The beefsteak. — This is the popular dish by excellence. Rapidly prepared, it is also the poor parent of aristocratic tournedos.

They can be cut in various parts of beef, but the best are those coming from the bavette d'aloiau, hampe, rumsteack, rond, tranche and persillé.

A beefsteak about 4 ozs is sufficient for a person. It can be a little beaten, without exaggeration, as, being thin, it would not remain bleeding.

Heat butter in the pan and seize, principally when the steak is thin (It can also be grilled). Salt and pepper. When beefsteak is sufficiently cooked on one side, blood comes on the raw surface, then return it and pick it. Serve with a butter "maître d'hôtel" and a garnishing, according to taste (fried potatoes, etc...).

Beefsteak pie (English cuisine). — One of the best dishes of English cuisine. This is a sort of pie, in a pot, recovered with puff-paste, prepared with various garnishings beef kidneys, chicken and even fruits, rhubarb, currants, apples, etc...

Here is a better recipe. Take 4 tender and very thin beefsteaks of about 3 1/2 ozs. Salt, pepper and roll as for the paupiettes. Put in bottom of the pie-dish. Sprinkle 4 ozs raw minced mushrooms, 2 hard-boiled eggs in rounds, salt, pepper, parsley and 4 thin slices of bacon. Water with half a cupful stock or water, some drops of Worcestershire sauce. Surround the dish with a border of pasted puff-paste with some water. Recover all with a large slice of puff-paste. Decorate the top and cook 35 to 40 minutes in quick oven. Serve immediatly.

Beef and kidney pie (English cuisine). — Same proceeding as above. Add on the beefsteaks 3 raw mutton kidneys, thinly minced.

Beefsteak pudding. — Make a pudding with grease of beef kidneys, 1/2 lb. flour and 5 ozs grease of beefkidneys, dry, cleaned, and finely chopped. Make a paste in adding 1/3 oz. fine salt and a cupful cold water. Give it about 1/2 inch and put it in a great greased bowl. Garnish middle with tender beef, cut in fine slices. Add mushrooms, onions, parsley, all hashed. Season, put some water, recover with same paste and envelop the bowl with a serviette which is stringed around the bowl. Plunge in boiling water and cook during 2 hours. Serve warm with a light madeira sauce.

Rib-steack, grilled "à la Maître d'Hôtel." — For 4 persons, 1 1/4 lb. are necessary which are taken in the beef rib-steack (somewhat fat) or in the faux-filet (more meagre). Serve with "maître d'hôtel" and watercress.

Rib-steack "à la Béarnaise." — Serve with watercress and fried potatoes (Pont-Neuf or others) and sauce Béarnaise.

Rib-steack "à la Bordelaise." — Put on the tossed rib-steak nice slices of marrow, poached in salted water and serve a sauce Bordelaise, either apart, or on the steak.

Rib-steak "at home" or "à la Bercy." — A piece of butter and a coffee spoonful chopped shallots; put 2 minutes on fire, add glaze of meat, melt

with lemon juice and chopped parsley, salt and pepper. Put upon the rib-steak. Watercress around the dish.

Rib-steak "à la Mirabeau." — Grill the rib-steak and put upon some butter mixed anchovy spirit. Put obliquely some anchovy fillets with oil and a border of stoned round olives. (See illustration, page 234.)

Rib-steak "à la Vert-Pré." — Grill the rib-steak and garnish it with on one side a bunch of watercress and on the other a bush of straw-potatoes. Put upon butter maître d'hôtel.

Rib-steak "à la Lyonnaise." — Tossed in the pan as for the rib-steak "à la Bordelaise;" it can also be grilled.

Melt in butter finely minced onions; when they are glazed, mix one or two spoonful melted meat glaze, a vinegar fillet, salt, ground pepper, 4 spoonful white wine. Stew a few minutes and pour on the rib-steak, chopped parsley.

Rib-steak minute. — Rib-steak taken in the beef rib, well tender or well flat. Seize on gril or in pan on quick fire. Two minutes for each side are sufficient. Butter maître d'hôtel.

Nota. — Rib-steaks are accompanied with all sorts of garnishings.

The Chateaubriand. — Dish created at the Restaurant Champeaux situated at the place de la Bourse, Paris, and which had its time of prosperity. It is only after publishing the book of Chateaubriand "From Paris to Jerusalem" that this sort of grilling was made, which consists in a thick slice in center of beef fillet. Cooking is delicate owing to its thickness, as if too seized a cuirass is made on each side and cooking does not enter; the steak is therefore calcinated, crouted and interior is crude. Cook it more slowly than for a piece of ordinary thickness.

The Chateaubriand Grand Vatel. — Served with puff potatoes and apart a sauce Béarnaise.

The tournedos

These are "aristocratic" beefsteaks which are cut in the fillet of beef and their net weight is of 2 3/4 ozs to 3 1/2 ozs. They are tossed or grilled and garnished in several methods.

Tournedos Béarnaise. — Prepare the tournedos in croûtons of fried bread. Put on the bord a lace of Béarnaise sauce with a small spoon and dispose between each melting, potatoes.

Tournedos "à la Choron." — Toss in butter and serve on croûtons of fried bread. Dispose on each an artichoke bottom full with sauce Choron. Hazel potatoes.

Tournedos Henri IV. — Grill the tournedos, prepare on croûtons with a small lace of thick sauce Béarnaise on border of each tournedos. Garnish middle of the dish with potatoes Pont-Neuf. (See illustration, page 236.)

Hunter tournedos. — Toss with half butter and oil. Serve on croûtons. Nap with hunter sauce (sauce Chasseur). Put some chopped parsley.

Tournedos with tarragon. — Toss, serve on croûtons and put on each 3 or 4 tarragon leaves, whited and placed in cross. Nap with a good tomated juice in which a good pinch of chopped tarragon is infused.

Tournedos Périgieux. — Toss the tournedos in butter, serve on croûtons and nap with a good sauce Périgieux and put a slice of truffle on each.

Tournedos Marie-Louise. — Toss in butter. Serve on croûtons and nap with a light half-glaze sauce; put on each an artichoke bottom full with Soubise mash and decorated with cooked head of mushroom. Surround with Duchess potatoes.

Tournedos "à la Montmorency." — Toss in butter. Serve on croûtons, put on each an artichoke bottom (which can be replaced by a croustade) full of asparagus points with butter. Madeira sauce on the tournedos.

Tournedos piémontais. — Toss in oil. Serve on a small rizotto, tomated and put in galette in bottom of the dish, put half a tossed tomato on the tournedos and nap with tomated juice.

Tournedos Cendrillon. — First prepare a Soubise mash with which hollow of artichokes bottoms are filled, when cleaned and whited. Put upon a tournedos tossed in butter and napped with a very light half-glaze sauce with madeira. Further grill in advance as many large heads of mushrooms as you have tournedos, fill them with a mushroom mash, then when very cold, envelop them with some puff-paste, as for small "chaussons" and cook them in oven. Put them on each tournedos on which a thick slice of truffle will be laid. Serve well hot. By economy, the artichokes can be replaced by stuffed tomatoes. (See illustration, page 247.)

Tournedos "à la Rossini." — Cut as many nice and thick collops in goose liver, as you have tournedos; marinate 1 or 2 hours with seasoning and madeira and also two raw truffles cut in slices. Toss the tournedos at the last minute, serve on fried croûtons and deglaze the dish with madeira used to marinate the goose liver. Let all stew 3 or 4 minutes. Serve on each tournedos the collop of goose liver, first floured and tossed in butter and recover all with sauce which has been buttered apart from fire.

Tournedos "à la Mistral." — Toss the tournedos in oil and serve them on croûtons. Garnish middle of the dish with egg-plants (aubergines) "à la Provençale" and some olives.

Tournedos "à la Clamart." — Toss the tournedos in butter and serve them on croûtons of tartlets filled with small peas "à la Française." Hazel potatoes in middle of the dish. Sprinkle on the tournedos a light juice.

Tournedos "à la Gabrielle." — Toss in butter, serve them on croûtons and nap with a light madeira sauce. Put a stuffed head of mushroom on each, half a braised lettuce between each and a bush of small potatoes-croquettes, size of a nut, in center. This dish is called also "à la Judic." (See illustration, page 236.)

Tournedos Rivoli. — Cut and prepare 5 or 6 tournedos; toss them and serve on small socles of potatoes Anna, nap them with a Périgieux sauce added with a Julienne of truffles and serve very hot.

Tournedos "à la Beaugency." — Toss in butter, prepare on croûtons, nap with mixed juice and put on each tournedos an artichoke bottom filled with Béarnaise, in middle of which a nice slice of poached beef marrow. Hazel potatoes in center.

Tournedos "à la Hussarde." — Toss in butter, serve on croûtons, brown in same pan a gross chopped onion, deglaze with some white wine and reduce to half. Add some meat juice and a mash of tomatoes, put on the tournedos and recover all with sauce. Chopped parsley.

Tournedos "à la Mascotte." — Toss in butter, serve on croûtons, nap with a light sauce Périgieux. Put on each tournedos an artichoke bottom full with small Parmentier potatoes, mixed with truffles cut in small dice.

Tournedos Jardinière. — Serve on croûtons, sprinkle some tomatoed juice and surround with various vegetables put in small bouquets.

Tournedos "à la Portugaise." — Toss in oil, serve on croûtons and sprinkle with deglazing of pan, which is prepared with white wine and tomatoes. Put a stuffed tomato on each tournedos and serve a bouquet of melting potatoes in middle of the dish.

Beef medallions "à la Carignan." — In order to change the menus, the tournedos can be called "medallions," "hazels" or "mignonnettes" of beef.

Cut small tournedos and macerate them half an hour with salt, pepper and liquor-glassful Fine Champagne. Toss the medallions in pan with broiling butter, after being sponged and serve on bread croûtons, fried in butter, and deglaze remnant of cooking with Fine Champagne. Add 1/2 lb. thick cream and reduce all 5 minutes. Season this sauce with salt and paprika and sprinkle the tournedos, then garnish the dish, putting in middle some straw potatoes and hazel potatoes on top. Put on each tournedos an artichoke bottom filled with asparagus points or a great quenelle with truffled stuffing "mousseline." (See illustration, page 247.)

Medallions of beef Mireille. — Take the tournedos smaller than usually. Serve them on very thin croûtons. Nap with a tomatoe sauce Mornay, powder with cheese and rapidly gratin, serve on each half a very small tomato, tossed in oil and on which three stoned olives are laid.

Medallions "à la Demidoff." — These are small and well round tournedos, somewhat thick, which are macerated in cognac half an hour before. Prepare during this time a Julienne composed of carrots, branches of celery, one onion and some mushrooms. Cook all these vegetables in butter "à l'étuvée" and when they are well melted water with some madeira, one or two spoonful tomato mash. Toss on quick fire the medallions which have been well sponged. Serve on croûtons of Duchess potatoes with butter and dispose on each, very neatly, a small bunch of vegetables. Sprinkle with sauce in which deglazing of pan has been put and sprinkle some chopped parsley.

Hazels of beef "Lucas." — Small thick tournedos are called "hazels." Marinate the beef hazels during a hour with some spoonful madeira, sponge them and toss in very hot butter, keeping them bleeding. Serve these hazels on short-paste tartlets, full with spinage mash with cream. Nap each hazel with a light madeira sauce and put a round plat, and truffled quenelle. Serve the hazels in a dish and put them in crown. Garnish middle with potatoes Dauphine. The quenelle can be replaced by a grilled head of mushroom.

Hazels Arlésienne. — Serve on thick slices of fried egg-plants aubergines, keeping their skin. Put on the hazels a small bunch of tomatoes tossed in oil with some garlic and chopped parsley.

Hazels "à la Berny." — Prepare some croquettes of potatoes to which some Corinthian raisins are added. Made in form of small galettes as croûtons, put them in egg and roll them in chopped almonds; fry them and serve as croûtons and cover with hazels napped with a light peppered sauce.

Fillet of beef tossed "à la Strogonoff." — Take the point of a fillet of beef, denerve it and clean the skin and also the grease. Cut the fillet in long slices and make thin laces, as for tossed kidneys. Put the meat in a pan containing broiling butter and seize the minced fillet and toss it lightly. When the meat is seized, pour some spoonful double cream, salt and pepper and add a pinch of chervil, savory and chopped parsley. Recover with lemon juice. Give one simmering and serve in timbale with chopped parsley.

Beef brains. — Poach the brains in a vinegared court-bouillon, well seasoned. They can also be served with black butter, sauce Poulette, in fritters with paste, in scallops with a Mornay sauce, in gratin with chopped mushrooms. We will not repeat here these very simple recipes. (See chapter for Mutton.)

Beef kidney with Madeira and mushrooms. — Remove the grease and clean the kidney. Mince it finely and toss it in pan with broiling butter, on rapid fire to be seized and avoid to render its juice. If pan is small, toss it twice. Add minced mushrooms, tossed apart, small quantity madeira sauce, season with salt, pepper and chopped parsley. Do not let it boil and serve immediately with chopped parsley.



Fig. 183. — Tournedos "à la Carignan" (see page 245).



Fig. 184. — Tournedos "à la Cendrillon" (see page 244).

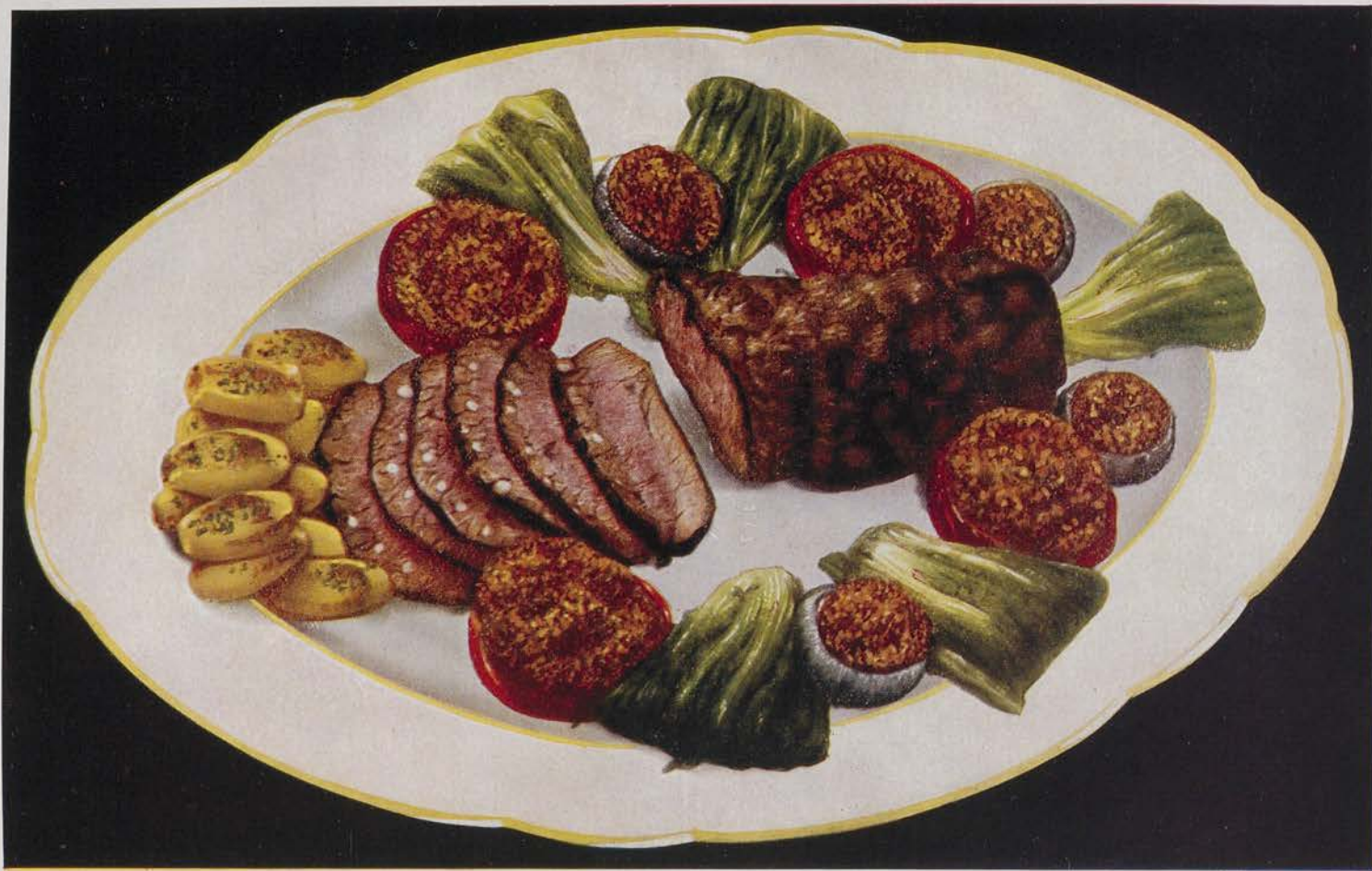


Fig. 185. — Beef fillet "à la Richelieu" (see page 255).



Fig. 186. — Beef fillet "à la Belle de Mai" (see page 256).

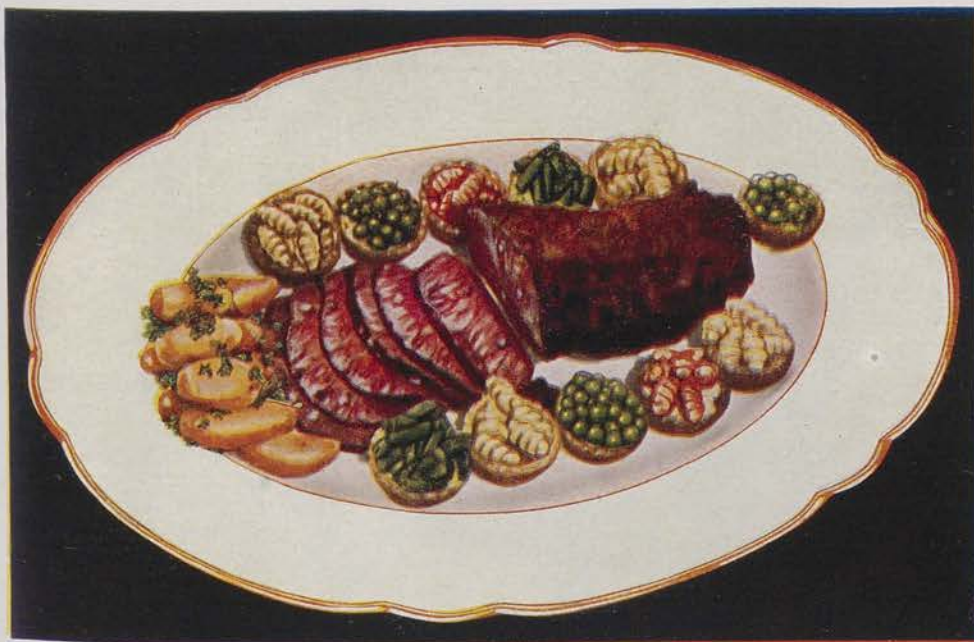


Fig. 187. — Beef fillet "à la Renaissance" (see page 254).

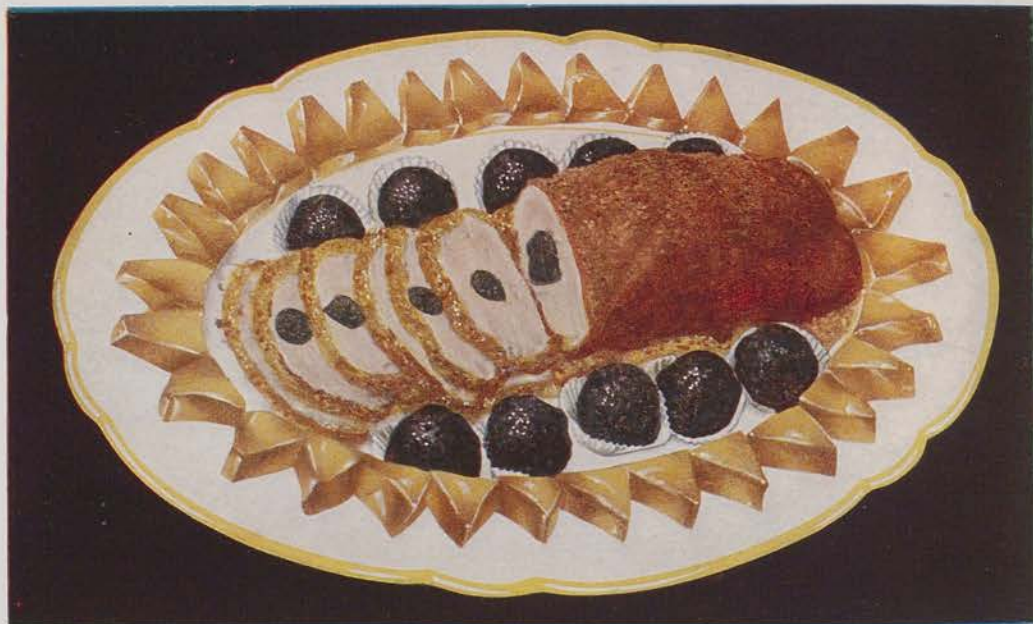


Fig. 188. — Beef fillet "à la Strasbourgeoise" (see page 257).



Fig. 189. — Glazed beef fillet "en Berceau" (see page 257).

Beef kidney with white wine. — Toss kidney as above, then deglaze the pan with white wine, add half-glaze, butter apart from fire and pour on kidneys.

Beef kidney "à la Bercy." — Toss in butter and put in timbale, then pour 2 chopped shallots in the pan, let it stew and water with half a glassful white wine, add an egg size of meat glaze, chopped parsley and a piece of butter. Put the kidney and give one simmering on fire. Serve immediatly.

Nota. — For beef kidneys, we think it would be good to scald them, as they have often a depleasant taste. When minced they are put in a strainer and plunged in boiling water; the water is stopped in its ebullition by the cold kidneys, when it boils again, remove and drop the kidneys. Do not forget that one or two simmerings are sufficient for all sorts of kidneys, because they would become hard. Veal, pork and principally mutton kidneys are superior to beef kidneys, but are also more expensive.

Tripe "à la Lyonnaise" (gras-double). — Mince the tripe and toss it in cocotte with some good grease, powder it with flour, let it brown and water with a glassful white wine water and tomato mash to bathe. Season, with salt pepper, bunch of herbs and cook. Toss in pan (also with grease) 1/2 lb. onions for 1 lb. tripe and add it. Cook all 1 hour 1/2 very slowly, stirring from time to time. Remove grease from sauce and serve with vinegar and chopped parsley.

Tripe "à la Lyonnaise." (2nd. recipe). — Mince the tripe and toss it in pan with very hot lard, until it is browned.

Add a fair quantity minced onions, cooked apart in butter. Toss all, season with salt, pepper and vinegar. Serve very hot in timbale with chopped parsley, without sauce.

Tripe "à la Niçoise." — Toss in a pan some minced onions. Add some crushed garlic and 2 lbs minced trip. Toss all a few minutes and water with stock or water and tomato mash. Strongly season, add a bunch of herbs and cook in oven well covered, during 1 hour 1/2. Serve with chopped parsley.

Fried tripe, sauce remoulade. — Cut the tripe in squared pieces about 3 inches. Plunge them in beaten egg mixed with salt, pepper and mustard in powder. Then recover with bread raspings. Fry and serve on a serviette accompanied with a sauce Rémoulade.

Tripes "à la mode de Caen." — A great quantity of tripes must be prepared. They can be well kept and warmed without loosing their quality.

Take a paunch of beef or at least half a paunch. Disgorge it several hours in current water, white and refresh it. Cut it in pieces. For its cooking, put the half in a earthenware pot, fireproof, with 3 or 4 onions, 3 carrots cut in 4 parts. A good bunch and some white of leeks. Add also a small sack containing a pinch of pepper in grains and 4 cloves, then 1/2 lb. grease of beef kidney cut and a foot of beef, separated in two parts. Put remnants of tripes upon and salt. Water with water, a glassful cognac, enough to let them bathe.

Do not put white wine or cider which would render the sauce black. Closely cover the marmite and surround cover with paste.

Put on moderate fire and after in oven during 12 hours. When trips are cooked, remove the grease and serve very hot.

Ox tongue "à la Romaine." — Fresh, half-salted or entirely salted tongue can be used (see saltings and pickles). Fresh tongue will be whited 1/4 hour, then refresh and brush for keeping the white and corneous skin. Cook it then as for a pot-au-feu with vegetables, until a needle can easily enter it. Cut it in slices and serve with a sauce Romaine. This is very good for accompanying; if tongue is half-salted, wet it in cold water during 24 hours and do not add salt to the cooking.

Ox tongue "à la Limousine." — Cook as above and garnish with mash of chestnuts and small glazed onions. Light tomated half-glaze sauce.

Ox tongue "Saint-Germain." — Garnish the tongue with a purée of split peas, made according to principles and accompanied with a madeira sauce.

The tongue can also be garnished with several manners and sauces. This is an excellent and advantageous dish; it can also be served when cold. The smoked tongue is generally served cold with appropriated garnishing.

Ox tongue in hochepot. — Old dish of French cuisine which is in other words a "potée."

The ox tongue is cut in fragments by the butcher. White it 10 minutes, put it in a marmite with 2 pork feet, also cut, and a pork ear.

Treat as for a pot-au-feu, carefully skimming. After 3 hours cooking, add a cabbage cut in four parts and other vegetables. After cooking of all, serve vegetables in middle of the dish with around pieces of tail, put some grilled chipolatas and cut pork ear. Garnish border of the dish with potatoes in vapour (steamed). The cooking will constitute a good soup.

The Bitokes (Russian cuisine). — These are small beefsteaks, hashed and reconstituted. Hash 1 lb. raw tender beef (rumsteak) and mix in this hash 5 ozs butter, salt, pepper, nutmeg and if desired some chopped onions, but cooked in butter and cold. After having well mixed this, make pieces size of an egg, roll them with the hand on the floured table, flat them and toss in butter, keeping them a little rosy. Serve on or without croûtons in a round dish and deglaze the pan with 4 ozs eager cream (smitane) or with lemon juice. Then pour on bitokes on which a nice grilled head of mushroom is put. Tossed potatoes can also be served.

Beefsteaks Chicago. — Prepare hashed meat, well season, make some thick beefsteaks. Make a hollow in middle and put an egg yolk, serve raw together with onions and cut parsley.

Beefsteak à l'Allemande. — Same preparation, with egg yolk mixed to the meat and tossed onions. Cook this beefsteak before serving.

The "fillets mignons." — They are very small beefsteaks cut in the end of beef fillet. They can be cooked as tournedos, but more rapidly and can receive same sauces and garnishings. They can also be poached "à l'Anglaise" and cooked in butter as for collops, without sauce.

The fillets "in roe-buck." — This term means prepared as for roe-buck. Fillets are marinated. They are picked with 2 or 3 crossed lardoons and put in a small game marinade during 24 hours.

Sponge them and toss in broiling oil, then serve with a Peppered, Hunter or any other sauce, convenient for small game.

They can be accompanied with a garnishing of vegetables, generally in purée. This preparation can vary menus, apart from game season. This can also be made with mutton.

Foreign cuisine

Beef "à la Berlinoise." — This German dish has some analogy with our daube. Marinate 24 hours in golden beer 2 lbs tranche or beef culotte, cut in squared pieces.

Add onions and carrots in rounds and 1/2 lb. meagre lardoons. Cook all very slowly during 3 hours, then remove the pieces, degrease and strain the juice, reduce to half, mix with a spoonful fecula mixed with some water, add zest of two whited oranges and 3 spoonful currant jelly. Sauce must be lightly thick. Terminate with lemon juice.

Omelet with flour, stuffed with hash. — This is a copious meat dish, served as "entrée." Prepare hash of cooked veal, ham, poultry livers, mix with some brown sauce or tomato in purée. Then prepare an omelet with 6 beaten eggs, salt and pepper, 2 ozs flour strained through tammy and a great glassful cold milk. Mix with the whip, then make the omelet as usually in a great pan and before plying it, pour the hash upon, remove from pan on a fireproof dish. Powder with cheese, recover with butter and gratin in oven, sprinkling very often.

Viennner roatsbraten (Austrian cuisine). — Mince a good proportion of onions and put them in a cocotte with, in middle, beefsteaks tossed in butter on the two sides. Water in half with sugared cream and add a small egg of meat glaze. Season with paprika and braise slowly during 2 hours. Serve at the same time potatoes "à l'Anglaise" or in oven.

Porkel (Austrian cuisine). — This is a sort of gulash (see the word), made with half chicken and half pork. Cut in pieces a raw chicken and 2 lbs fresh pork. Brown 2 or 3 chopped onions, put the meat on fire to be simply stiffened, strongly powder with paprika, add 2 lbs cleaned and hashed tomatoes, salt, bunch of herbs and cook during 1 hour 1/4. Remove the grease and serve in a crown of rice with fat.

The Feijoda (Brazilian cuisine). — This dish is only our "cassoulet" (see the word) but with red beans and dried meat, which are eaten very much in these half-wild countries where provisioning is very difficult. The meat being "buccaned" can be kept for a long time, it must only be wiped before using it.

The Españadas. — These are rissoles with oil paste, garnished with remnants of meat chopped hard-boiled eggs, mixed with some Pimento sauce. Fry in oil and serve with same sauce, added with dried currants.

Bitokes "à la Polonaise." — Make a hash with veal or poultry or the two; mix with some white thick sauce. Make small balls and recover them with bread crumbs. Cook in oil (or in butter). Serve on a round dish, sprinkle some chopped gherkins, hashed cèpes, fried in oil, capers, hard-boiled eggs cut in quarters and slices of lemon. Sprinkle some melted butter, and cut parsley.

The beef fillet

The beef fillet to be served in "entrée" is to be panned and not roasted. We will not recall this and we will recommend this method of cooking for the following recipes.

Beef fillet with Madeira. — Prepare a garnishing of mushroom and mix with madeira sauce used to pan the beef fillet.

Beef fillet "à la Financière." — Prepare a garnishing "Financière": quenelles, mushrooms, veal sweetbread, olives, slices of truffles, cock's comb, and mix with the madeira sauce used for cooking of fillet.

Beef fillet "à la Girondine." — Garnish the fillet with bunches of ceps tossed in half butter and half oil and alternated with bunches and quarters of braised artichokes.

Beef fillet "à la Bouquetière." — Garnishing composed of fresh vegetables: carrots, turnips, green beans, small peas, cauliflower, potatoes, properly cut, cooked separately and tossed in butter, then dispose in small bunches around the fillet, recovered with well degreased sauce of cooking.

Beef fillet "à la Fermière." — Same vegetables as above, but cook them all with some celery and small lardoons of meagre bacon. Prepare vegetables in croustades, around a fillet panned with white wine instead of madeira.

Fillet of beef "à la Jardinière." — Same as "à la Bouquetière" but vegetables are mixed and cut in somewhat gross dice.

Fillet of beef "à la Renaissance." — Cut the carrots, turnips and potatoes, like small crosnes with special spoon. Cook them separately. Carrots and

turnips are cooked in water and tossed in butter; potatoes are cooked in butter. Place these vegetables round the panned fillets in small artichoke bottoms or in small croustades of short-paste, not so expensive. (See illustration page 249.)

Nota. — All these vegetable garnishings vary only by size of vegetables or their presentation. (For vegetables made with spoon, see illustration page 45.)

Fillet of beef "à la Nivernaise." — Cook the fillet as shown above and garnish it with small bunches of glazed carrots, glazed onions, small peas with butter and potatoes "Château." Juice mixed with tomato.

Beef fillet "à la Richelieu." — Garnish the fillet with tomatoes and stuffed mushrooms, braised lettuces and melting potatoes. Light madeira sauce. (See illustration, page 248.)

Beef fillet "à la Dubarry." — Garnish fillet with small balls of cauliflower, well pressed, napped with Mornay sauce and glazed in oven. Put a bunch of potatoes "Château" on each end of the dish. Light tomato sauce.

Beef fillet "à la Napolitaine." — Garnish fillet with macaroni "à la Napolitaine" and a fine potatoes purée. Serve with tomatoed juice.

Fillet of beef "à la Montmorency." — Garnish the fillet with artichokes bottoms fill some with macedoine of fresh vegetables and others with green asparagus points. These garnishings are mixed in butter and accompanied with tomatoed juice.

Fillet "à la Montglas." — The fillet, either braised or roasted is served on a dish surrounded with collops of goose livers, tossed in butter, head of mushrooms, slices of red tongues and truffles; all napped with a half-glaze Madeira sauce.

Beef fillet "à la Claremont." — Prepare with madeira the fillet, in a pan, and put in the sauce tossed remnants of raw ham. Garnishing is composed of : entire braised chestnuts, small glazed onions and glazed carrots put in bunches. Between each, put a medallion of ham, well fried in butter. It is preferable to use the raw Bayonne ham, or a good York ham, cut with the punching-press. The remnants will be used for the cooking of fillet; recover all with part of this sauce and use remnants in sauce-pan.

Beef fillet "à la Cécilia." — Pan the fillet with a light half-glaze and tomatoed sauce and a glassful white wine. As garnishing, make small croustades and fill them with glazed carrots. Make also small breads of ham in crushing 7 ozs meagre ham cooked in butter, 1 tea-cupful thick Béchamel, some double cream, paprika and 3 egg yolks. Strain this purée through tammy and fill small buttered babas moulds, which are then poached 10 minutes in

bain-marie. Serve the fillet on a long dish, surround with an alternated garnishing.

Put a great croustade full of hazel potatoes, at each end of the dish. Sprinkle some sauce of the degreased fillet.

Beef fillet "à la Brillat-Savarin." — Prepare in pan a bleeding beef fillet, garnish it with stuffed tomatoes, braised lettuces and Duchess potatoes, made in form of brioches. Serve with madeira sauce in which the remnants of cooking are put. (See, page 47, Potatoes brioches.)

Beef fillet "à la Moderne" (Rich cuisine). — Prepare about a dozen of Babas moulds, decorated "in chartreuse" with small tubes of carrots and turnips (see Partridge chartreuse). Fill them with a purée of cauliflower, mixed with 2 egg yolks and poach in bain-marie. Then hollow the tomatoes, poach them in butter and fill them with a purée Soubise. Then prepare the veal quenelles with cream in stuffing "Mousseline," made in buttered boat moulds and decorated with truffles. Prepare the fillet in pan with some madeira and garnish alternatively the timbales and tomatoes with Soubise. Put the quenelles in a fan on each end of the dish.

Beef fillet "à la Belle de Mai" (Rich cuisine). — Fillet prepared in pan with white wine and half-glaze. During the cooking, prepare the garnishing: carrots, turnips, small peas, green beans, asparagus points, potatoes and artichoke bottoms. Strongly butter 12 Babas moulds. Garnish 3 with small peas, 3 with green beans, 3 with carrots and 3 with turnips. The two last vegetables are cut, like small peas with special spoon. On the vegetables put a light couch of veal stuffing, called quenelles stuffing and fill the hollow with remnants of vegetables, cut in "Jardinière" and mixed with butter. Artichokes bottoms are entirely cooked, but apart as for the potatoes. A quarter of an hour before serving, poach the timbales in bain-marie. Toss in butter artichokes bottoms and potatoes, glaze the fillet in quick oven, and sprinkle with its juice every two minutes. Put on a great and long dish, surround with artichokes bottoms on which the timbales of vegetables are demoulded, varying the colours. Serve at each end bunches of potatoes or between artichokes bottoms. Lightly sprinkle these with a spoonful juice and serve well hot, putting remnants of juice in a sauce-pan. (See illustration, page 249.)

Beef fillet "à la Gerbe d'Or" (Rich cuisine). — Prepare the fillet in pan with a half-glaze sauce with port-wine. Prepare a garnishing composed of green asparagus points, prepared in small bundles and which are cooked in boiling and salted water. Only use the points of asparagus cut on a length about 3 inches. When they are cooked, drop them in a cloth, then separate them in about a dozen of small bundles which are surrounded with a slice of lemon, of which the flesh is kept in order to introduce the bundle of asparagus points. Then put the bundle on a artichoke bottom, fixed with a small border of Duchess potatoes. Recover these points with a good piece of melted butter. Add some hard-boiled eggs, strained through tammy. The artichokes bottoms

so stuffed and prepared are then put in a moderate oven, to maintain the small border of potatoes and heat the rest. When fillet is cooked, serve it in center of a long dish surrounded with garnished artichoke bottoms.

Recover the beef fillet with juice of its degreased cooking and add some very clear and tomatoed half-glaze sauce. A bush of new potatoes can be put at each end of the dish. In this case, make two cups of hard paste, which are pasted at each end of the dish with some white of egg and flour and in which hazel or new potatoes are placed.

Beef fillet "à la Charlemagne." — This is a recipe for some beef fillet prepared the day before. It is very delicious. The fillet is cut in slices, put in a fireproof dish, in putting between each slice a hash of cooked mushrooms, mixed with some thick tomato purée. When the fillet is reconstituted, nap it with Béarnaise sauce and put it rapidly in oven to have during 2 minutes a croûte on the sauce. Serve in the dish.

Here follow some preparations for cold fillet with jelly and for great dinners.

Cold pieces of beef

Beef fillet "à la Strasbourgeoise" (Rich cuisine). — Make a hollow about 2 inches diameter in the fillet. Use a long and narrow knife which is put nearly by entirely in middle of fillet. Turn the knife to have a roll of meat (which can be used for the tournedos) and in the hollow introduce one or several raw goose livers, cut of same size and marinated in advance. The fillet will be picked with lardons as usually and the opening covered with a parchment-like paper, attached with string.

Prepare the fillet, the day before, watered with madeira or port-wine without sauce. With goose liver, cooked with port-wine, make a purée which is mixed with soft butter. (10 ozs goose liver, 4 ozs butter). This purée is used to make small balls which are rolled in hashed truffle for making gross "truffles en surprise." Prepare a good jelly with port-wine, cut the cold fillet and serve it on a long dish, napped with half-taken jelly. Surround with chopped jelly in which these sorts of truffles are put, well glazed. Garnish this fine dish with jelly.

Nota. — The truffles "surprise" can be replaced by real truffles, cooked with Rhine wine, of which a part is removed for making the cover. Hollow the interior and fill with some purée of goose liver, put upon the removed piece. Nap then with jelly and serve. (See illustration, page 250.)

Beef fillet "en berceau." — Roast the beef fillet the day before, keeping it very rosy. Garnish with aspic jelly a long mould. Put in bottom in longitudinal lines : carrots, turnips, small peas and green beans. Carrots and turnips are cut like small sticks; the beans are put in all their length. All these vegetables are separately cooked in salted water.

When bottom of the dish is garnished, cut the fillets in thin slices and render its form with some purée of gooseliver between the slices. Then put in a mould and fill the hollow with some vegetables mixed with mayonnaise

and added with 1/4 oz. melted gelatine. Then recover all with jelly. After it has been put on ice, remove from mould on a long dish, surround with chopped jelly and put from place to place small bunches of cauliflower, napped with mayonnaise, also pasted with some gelatine. (See illustration, page 250.)

Beef fillet "à la Rothschild." — Same preparation as for ham under this name. It is easier than beef fillet "à la Strasbourgeoise."

Beef fillet "à la Russe." — Cold fillet, cut and reformed with some jelly between each slice, decorated with truffles and served with a garnishing of russian salad and some sauce tartare. Put the salad in bunches, in croustades, in artichokes bottoms or also in hollowed tomatoes.

Beef "à la mode" in jelly. — Same preparation as for warm beef à la mode, but with veal feet and pork rinds. When it is cooked, keep the meat, feet, rinds, drop the carrots and onions and put all in a plate for moulding the beef (timbale, simple salad-dish, etc.). The bottom can be facultatively garnished with onions and carrots. Put the beef in middle and surround with remnants of vegetables. Veal feet can also be put, but it must be minced as it is hard when cold. Remove grease of juice "at cold" and pour over for covering all. Let it seize and remove from mould on the following day. (See illustration, page 279.)

Beef tongue "à l'écarlate." — The tongue has been put in pickle during 12 days, then put it 24 hours in running water. Cook it in full water, until it can be entirely picked with a needle. Drop it and let it get cold under a heavy weight. Recover it with thin bardings and introduce it in a gold-beater's skin bought in the pork-butcher's shop. Attach the two ends and plunge it 10 minutes in boiling water. It is at that time that tongue is coloured either with carmine or with caramel. Then put oil upon and hang it in a cool place to be preserved. Avoid bright air which would dry the tongue. In preference make several tongues at once. The tongue "écarlate" can be kept during 6 months. It is only coloured with a brush wiped in carmine.

Beef heart "à la Tyrolienne." — The beef heart is not a very fine dish, but when cold it can be appreciated. Treat it as for the beef "à la mode" with some carrots and onions to give some taste to the cooking which must not be very abundant. Slowly cook during 4 hours and let it get cold. Strain and remove grease from juice, render it clear, as for a jelly. Prepare a remoulade in which some spoonfuls chopped horse-radish are put. Cut the heart in rounds and nap with sauce. Surround with jelly.

The pressed-beef. — Take 5 lbs beef chests in the thick part, called strong chest. Bone and salt it. Crush 3 ozs fine salt, 1 1/2 oz. sugar and 1/4 oz. salpêtre. Roll the piece of bones chest in this mixture, strongly pressing with the two hands so that it reaches in the meat.

Then put the chest in a big basin or in a sandstone jar and recover with grey salt to which remnants of sugared salpêtre are mixed. Put a planck

on the meat and a weight of 22 lbs and let it so for 8 to 10 days, returning it from time to time. Whipe it 12 hours in cold water and boil in water, slowly during 5 to 6 hours, but with no salt. Keep the remained bones and put the chest in a squared mould for galantine in which it must be pressed. Put upon a planck and a weight of 22 lbs in order to have an absolute pressing and let it get cold.

The pressed-beef is cut in thin slices and eaten with jelly, sauce Rémoulade or Ravigote.

Smoked beef and dried beef. — The smoked beef is bought in special shops as it cannot be made at home.

In Switzerland, beef pieces previously put in pickle, during a few days, are suspended during several months in the mountain's bright air. The meat becomes hard and is cut in thin slices with a special plane. It is eaten raw in *hors-d'œuvre*.

The veal

Veal cuttlets with fine herbs. — Although veal cuttlets can be grilled, their usual method of cooking is in a casserole or in a pan. They are garnished with all sorts of vegetables.

Season and flour the cuttlets. Toss in a pan with well hot butter, during a determined time according to size of cuttlets which must be always very cooked.

Serve in a dish and deglaze the pan with some white wine. Add a spoonful meat-glaze, a pinch parsley and apart from fire a good piece fresh butter. Pour on the cuttlets.

Veal cuttlets "à la Bonne-Femme." — Toss them as above, then add small glazed onions, small new potatoes, cooked in butter and tossed meagre lardons. Cover and terminate slowly the cooking with a small quantity of stock.

Veal cuttlets in cocotte "à la Ménagère." — Toss the cuttlets with butter, put them in an earthenground cocotte with small glazed onions, small carrots and potatoes; water lightly with white wine, cover and slowly cook.

Veal cuttlets "Milanaise." — Recover cuttlets with mixed bread crumb and cheese. Cook very slowly in butter and serve with macaroni "à la Milanaise." A light border of tomatoes.

Veal cuttlets covered with bread crumb "à l'Anglaise." — Season and flour the cuttlets, plunge them in beaten egg mixed with oil and roll them in white bread crumb. Cook in very hot butter, serve on a warm plate and sprinkle some lemon juice and butter hazel.

Veal cuttlets, in curl paper. — Cut a sheet of paper, like a heart, butter or oil it. Put in middle of one side a spoonful Duxelles. On this, a thin slice of cooked ham, then the tossed cuttlet. Recover with a second slice of ham,

then with a spoonful Duxelles. Close the paper for covering the cuttlet and plait all around; blow a little in the paper before closing it and put in very hot oven for strongly colouring the paper. Serve immediatly and with apart a madeira sauce. This pertains to the old cuisine.

Nota. — All preparations in curl-paper are made in this way : lamb's cuttlets, pigeon, veal sweetbreads, etc.

Veal cuttlets "à la Pojarski." — Hash 1/2 lb. noix of veal, denerve it and crush this hash with 1 or 2 spoonful chopped onions, melted in butter-like an egg of fresh butter and 2 ozs old bread crumb wiped in milk and pressed. Season this mixture with salt and paprika and divide it in 5 or 6 parts which are rolled on the floured table and give form of cuttlets. Recover with bread crumb and egg, cook them quickly in very hot butter. Serve in crown on a round dish pick on each a piece of large macaroni to have like a bone and garnish with paper. Accompany with a vegetables garnishing or a sauce, as there is no special garnishing. (See illustration, page 281.)

Veal cuttlets "à la Paysanne." — Mince and melt in butter carrots, turnips, onions, celery. Put these vegetables on veal cuttlets, floured and tossed in butter. Water with some juice or water, season and cook all during 25 minutes, well covered. Add some green beans, cooked apart, before serving.

Veal cuttlets "vert-pré." — Flour and grill them, in buttering. Serve on a butter "maître d'hôtel." Put a bunch of watercress at each end and straw potatoes on the sides.

Veal cuttlets "à la Foyot" or "à la mère Moinet." — Hash and brown 2 spoonful onions per cuttlet. Take these somewhat thick (can be used for 2 persons), salt and pepper on the two sides. On one side put the cooked onions. Recover copiously with old bread crumb, strained through somewhat great tammy, and mixed with a good quantity rasped Gruyère.

In order the bread becomes adherent, it is pressed with the hand, recovered with melted butter and a second layer is added. The top is garnished like a dôme. Put the cuttlets in a fireproof dish for roastings. Cover the bottom with hashed onions, melted in butter. Put the cuttlets. Pour some white wine and stock, without exceeding the height of meat. It is for this reason that thick cuttlets are necessary, as when liquid would boil, the bread would be removed.

When everything cooks, put the dish in oven, sprinkling the top with melted butter. Often repeat this during one hour. Serve as it is with juice strained. Bread and cheese constitute a glazed stuffing. If juice is too much reduced, add some stock.

Veal cuttlets "à la Maintenon." — Toss the cuttlets in butter, cover the top with a salpicon of ham, mushrooms and truffles mixed with some melted meat glaze. Put this salpicon in dôme and recover it with a spoonful thick sauce Mornay, mixed with an egg yolk.

Sprinkle some cheese and glaze in oven. Serve with remnant of cooking, deglazed with white wine and some tomato mash, which is poured around.

Veal cuttlets, in cocotte, with cream. — Slowly cook the veal cuttlets in cocotte with butter, without giving too much colouration. When they are cooked, pour around 4 ozs thick cream for 4 cuttlets. Let them stew, salt, pepper and serve in cocotte. As there is no garnishing, serve at the same time melting potatoes.

Veal cuttlets "Mireille." — While that veal cuttlets are cooking, fry in a pan slices of one or two egg-plants, cleaned and floured. Remove them and pour in remnants of oil 1/2 lb. cleaned tomatoes, emptied and cut in quarters. Add salt, pepper, parsley, some chopped garlic. Serve cuttlets in a dish, put on each two rounds of egg-plants, recover these with melting of tomatoes and sprinkle with deglazing of the pan, made with white wine and some roast juice.

Veal cuttlets "à la Provençale." — Garnish and flour the veal cuttlets which are tossed in very hot oil. When they are well glazed, remove them and toss during one minute only, a nice chopped shallot and some crushed garlic (this can be omitted). Add then in somewhat great quantity tomatoes, cleaned and cut in quarters, add a good piece meat glaze. Put cuttlets on the tomatoes, season with salt, pepper and chopped parsley. Cover well and bake in oven during 35 to 40 minutes, following thickness of cuttlets.

The chops

Veal chops "à l'Anglaise." — The chops have an important part in the daily cuisine, as they are rapidly made and are very good for delicate stomachs. They are cut in "noix" of veal, very thin and well beaten. Salt and put them in flour, further in beaten egg and fine bread crumb and cook them rapidly in broiling butter. Serve on a round dish, recover with lemon juice and copiously with hazel butter.

Hunter veal chops. — Season and flour the chops, toss them in butter and oil. Serve on bread croûtons, then pour in a pan 4 ozs raw minced mushrooms and a chopped shallot, quickly toss and pour half a glassful white wine and reduce to half. Add then some half-glaze sauce, a spoonful tomato, chopped parsley and some butter. Give one simmering and pour on the chops. Some cut parsley.

Chops "à la Milanaise." — Same proceeding as for veal cuttlets under this name.

Chops "à la Portugaise." — Proceed as for hunter chops, nap with a very tomated half-glaze sauce, and garnish each with half a tomato. Potatoes "Château" in middle of the dish.

Veal chops "Arlésienne." — For the cooking, proceed as for hunter chops. Serve them on croûtons, pour a chopped garlic in the pan, some white wine and a small quantity of very tomated half-glaze sauce. Add minced egg-plants, fried in oil, fresh tomatoes tossed in quarters and some stoned olives. Give some simmering and pour all on the chops. Sprinkle some cut parsley. (See illustration, page 281.)

Veal chops "Maintenon." — Same proceeding as for cuttlets under this name.

Veal chops "à la Zingara." — Cook them with butter and oil, serve on croûtons and recover with a tomated juice. Put on each a salpicon of tongue, ham, mushrooms and truffles, cut in a small Julienne and mixed with tomato mash. Hazel or new potatoes according to season. (See illustration, page 265.)

Chops "à la Viennoise" (Wiener Schnitzel). — This is a Viennese speciality. Take somewhat thick chops, cut in the noix of veal, press them and break them with a special wooden mallet of which the beating side is gauffered. Season, flour and recover with bread crumb "à l'anglaise." Quickly cook them in a pan with clarified butter. Serve on a long dish with parsley and hard-boiled eggs, (white and yolks being separated and hashed). Recover the chops with lemon juice and hazel butter, put on each a round of cleaned lemon, a rolled anchovy fillet and fill the hollow with capers.

Garnish borders of the dish with ribbed lemon slices and serve hot. Garnishing and decoration of lemon are made in advance in order to serve immediatly as further the hard-boiled eggs are cold. (See illustration, page 263.)

Nota. — All possible garnishings of vegetables can be prepared for the veal chops. The chops can also be presented under the name of "medallions" or "hazels." The latter will be cut smaller to justify their name; medallions are rounder and thicker chops.

Grenadins of veal "à la Vichy." — The grenadins are thick chops which are picked like a fricandeau and braised in the same manner. They are served on croûtons and accompanied with all garnishings for chops. They are served with carrots "à la Vichy" (see vegetables) and recovered with degreased and reduced juice. For picking the grenadins, put three crossed lardoons in the meat and which form a star.

Veal savoury collops "à la Grecque." — Take thin chops, season them, put some chopped onions, cooked in butter, a good pinch of old crushed bread and some cut parsley, press all with the hand and put on each a very thin slice of raw ham. Roll the chops and attach them at the two ends, toss them in butter with some rounds of carrots and onions, water then with juice and braise one hour in oven, sprinkling often.

Serve on rice "à la Grecque" (see rice) and recover with degreased juice mixed with fecula. (See illustration, page 263.)



Fig. 190. — Veal collops "à la Viennoise" (see page 262).



Fig. 191. — Savoury veal collops "à la Grecque" (see page 262).

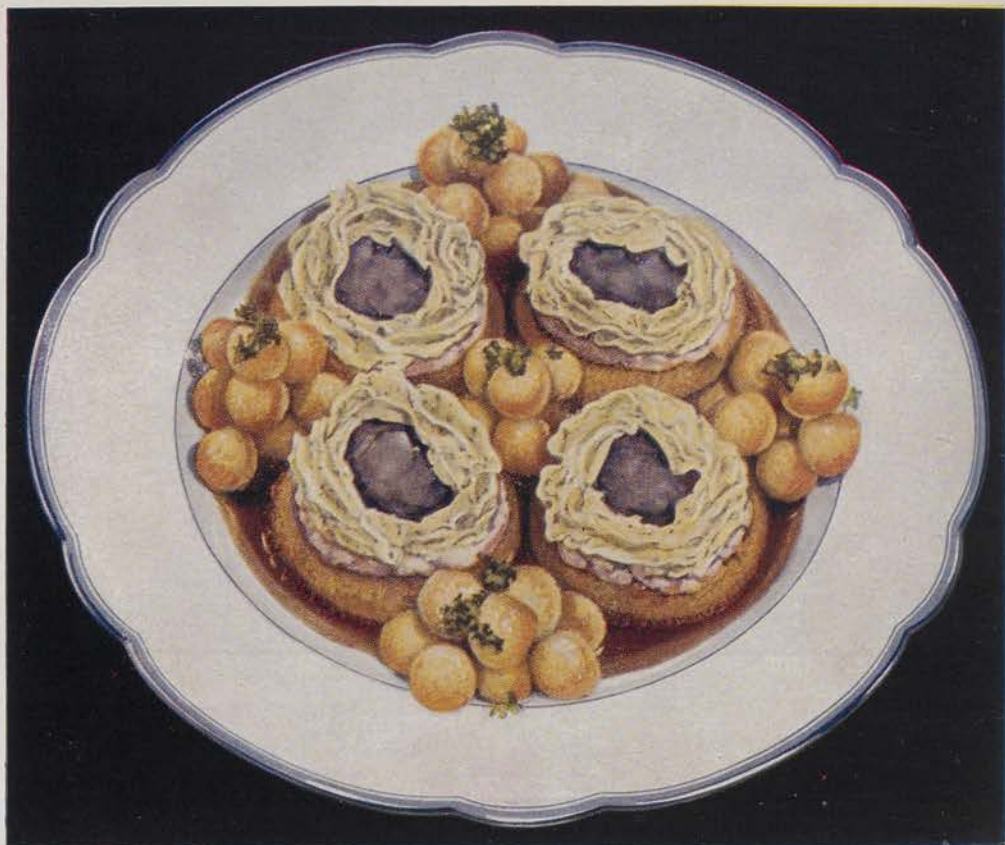


Fig. 192. — Medaillon of veal sweetbread "à la Bérenqère" (see page 271).



Fig. 193. — Veal Peasant Tournedos (see page 268).



Fig. 194. — Veal collops "à la Zingara" (see page 262).



Fig. 195. — Medaillon of veal sweetbread "à la Graziella" (see page 271).

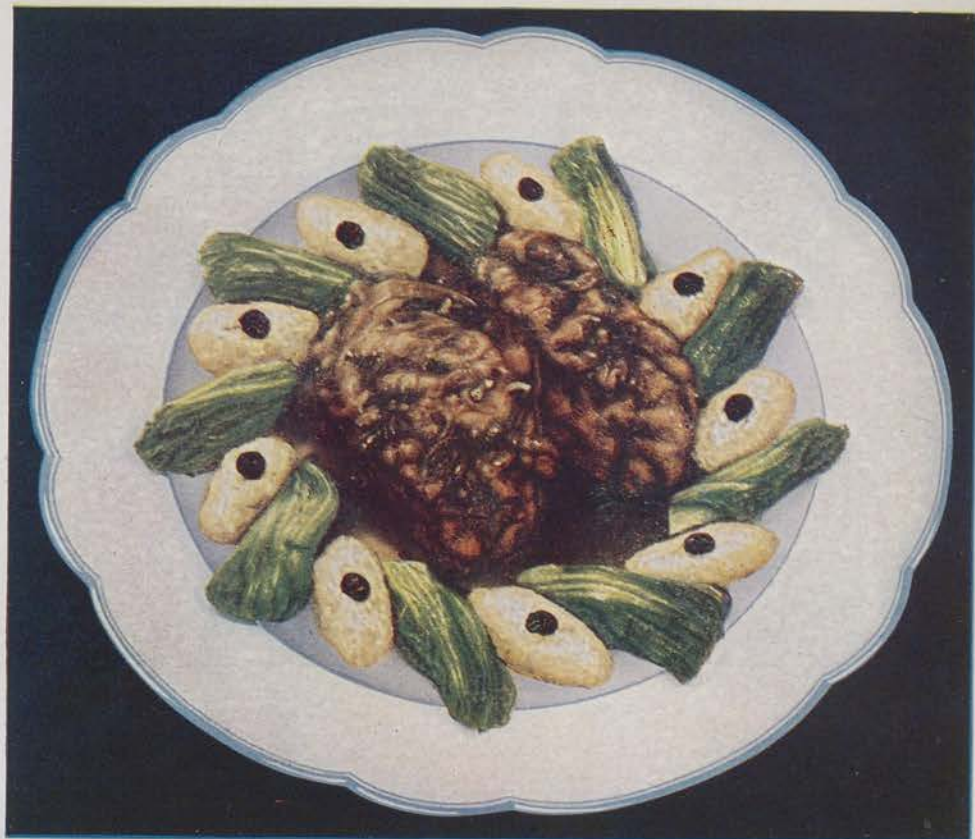


Fig. 196. — Braised sweetbread of veal "à la Comtesse" (see page 270).



Fig. 197. — Veal tongue "à la Dussolier" (see page 275).

Savoury collops of veal "à la Richelieu." — Take some thin veal collops and put on each a small stuffing of pork or sausage meat, well seasoned. Roll, attach them and braise as above. Serve on half tossed tomatoes, in butter, recover with tomated juice and garnish middle of the dish with potatoes "Château."

Veal savoury collops with mushrooms. — Proceed as for savoury collops "à la Richelieu," serve on bread croûtons, fried in butter, mix with some juice of cooking, tomato and fecula. Add mushrooms cooked apart. Pour sauce and garnishing on the savoury collops and powder with parsley.

Veal savoury collops "Marie-Louise." — Cut the "noix" or "sous-noix" of chops about 4 1/2 inches long and 2 inches wide. Press them lightly and garnish the top with a stuffing of cream made with 1/2 lb. meagre veal finely crushed with white of an egg, 4 ozs milk panada and 6 table-spoonful double cream. Season this stuffing and add 6 table-spoonful whipped cream. Roll the savoury collops, string them and braise. Drop the savoury collops and put upon an artichoke bottom stewed in butter and garnishing of a mushrooms purée added with Soubise purée, with the forcing-bag. Serve with mixed juice.

Veal sauté Marengo. — Cut in pieces 2 lbs veal shoulder. Toss on direct fire in a cocotte with some butter and very hot oil. Add a crushed garlic, powder with flour. Brown and water with a glassful white wine and water. Add two spoonful tomato mash, salt, pepper and bunch of herbs, a dozen small tossed onions, 1 lb. fresh, cleaned, cut tomatoes, tossed lightly in oil. Slowly cook 1 hour 1/4, remove the grease and add 4 ozs raw mushrooms. Cook during 1/4 hour and serve with chopped parsley and surround with fried croûtons.

Hunter sauté of veal. — Same proceeding as above, suppressing garlic and fresh tomato; after one hour add some new potatoes, 1/2 lb. minced mushrooms, tossed in butter and serve with a handful small peas.

Veal sauté "à l'Indienne." — Proceed as for chicken "à l'Indienne" (see poultry).

Veal sauté "Mireille." — Proceed as for veal sauté Marengo, and add at the last minute rounds of egg-plants, floured and fried in oil and 4 ozs stoned olives. Avoid the small onions.

Veal sauté "à la Bourguignonne." — Toss the veal in butter with a dozen small onions, water with half red wine and half stock and water. Season and stew during 1 hour 1/2. Then mix the sauce with a good piece of butter mixed with 2 spoonful flour, stew and brown the sauce with some caramel. Serve with chopped parsley and fried croûtons.

Blanquette of veal. — Shoulder or chest are usually used. Cut the meat and white it 5 minutes, drop it and wash it in plenty of water. Cook with water, for bathing it. Add small onions, salt, pepper, bunch of herbs and

a carrot cut in four parts. When meat is cooked, make a golden "roux" and water with cooking for obtaining a well creamy sauce. Cook about 20 minutes, remove the grease and skim; mix then with 2 egg yolks and a cup-ful milk (or even double cream). For making the mixture, boil the sauce on grate fire and with strong simmerings with egg yolks, mixing rapidly with a whipe and cook it well a few minutes. It becomes creamy and cannot change. Strain it on the meat and small onions, add mushrooms cooked apart and let stew during 1/4 hour. Serve in timbale.

Fricassée of veal. — Is a variation of blanquette. Instead to white the meat, toss it in butter without giving colouration. It is only for rendering the meat somewhat stiffened, then powder with flour, water or white stock, season and add small onions. When meat is cooked in its sauce, mix it with egg yolks and add mushrooms.

Nota. — The blanquettes or fricassées can be garnished with all vegetables, such as small peas, new carrots, celeriacs, cardoons, sticks of beet, asparagus points, etc. and further the sauce can be added with a very light tomato purée. The blanquette can be dressed in a border of rice with fat.

Fricandeau with Sorrel. — This dish of old cuisine is actually unfairly disregarded.

Let the butcher cut a piece of "sous-noix" having form of a great chop, thick from 2 to 2 1/2 inches. Clean and denerve the top, if necessary, pick it on its whole surface with fine lardoons, as for the fillet of beef. Put it on a dish for roast and garnish the bottom with remnants of bacon, rounds of onions and carrots and a bunch of herbs. Put on fire until the vegetables are brown and water with stock or fat brown juice. Salt, pepper and put in oven. The fricandeau must not be entirely bathed. The picked part will be put on the top. Braise it during 1 hour and 1/2, sprinkling often in order to be well glazed. Serve the fricandeau with a purée of sorrel with cream and sprinkle with its degreased juice, reduced to a siropy state. Sorrel can be replaced by another vegetable or mushrooms. Moderate oven.

Stuffed veal chest. — Keep the plat bones of the chest. With a long knife open it from end to end in all its length and in middle of its thickness so as to make a bag, which is filled with sausage meat mixed with an equal part of hashed remnants of cooked meat, chopped onions, cooked in butter, fine herbs, salt, pepper and a full egg. After the chest is stuffed, sew the opening. Put it in a dish on carrots and onions in rounds, grease with lard and put in oven. When it is well coloured, water with 7/8 pt. stock or juice, or even with water and salt. Cover and cake in oven during at least 2 hours.

The chest is cut in slices, recover with its degreased juice and accompanied with any sort of garnishing. It can also be again warmed or served cold.

Tendrons of veal "à la Paysanne." — The tendrons are pieces of chest cut in length and size of two fingers.

Put the tendrons on carrots and onions in a hollowed dish, and lightly toss them on fire, water in half with juice or water, season and bake in oven,

sprinkling very often. 1 1/2 or 2 hours are necessary for the cooking. During this time, finely minced onions, carrots, turnips, celery, which are put in a casserole with some warm butter. Well cover these vegetables and bake them in oven "à l'étuvée." Stew a few minutes with the tendrons and serve all after having degreased the juice. Potatoes can also be added, or green beans or small peas.

Various garnishings can be added to the tendrons, of which cooking is alway the same. (See allustration, page 264.)

Loin or quasi and rounds in cocotte "à la Bordelaise." — The loin or quasi and round of veal are the best pieces for cooking in a casserole. Slowly toss them, add rounds of onions and carrots. When vegetables are also tossed, water, season, cover and let it well cook. This is attained when picking with a knife, a drop of clear liquid, like water, is obtained on the opening. When meat is cooked, serve in a dish or in cocotte and garnish with ceps tossed in butter. Sprinkle with strained and degreased juice.

Nota. — All garnishings of vegetables can be put arround the veal in casserole : noodles, macaroni, rice, spinage, new potatoes, carrots, etc.

Veal sweetbread "à la Clamart." — Veal sweetbreads must get empty in cold water.

White them 3 or 4 minutes and refresh them entirely. Clean them, keeping all cartilaginous and uneatable parts, but not keep the skin as occurs. Press the sweetbread during one hour to break the fibres and avoid shrinking during cooking. Pick with fine lardoons of fat bacon and braise on vegetables, as stated for fricandeau with sorrel. Cooking is exactly the same, taking in note size of sweetbread and give from 25 to 40 minutes cooking in a well hot oven.

Serve on a round dish and garnish with small peas with butter. Sprinkle on the sweetbread juice of their degreased cooking, reduced if necessary and mixed with some fecula.

Veal sweetbread Macédoine. — Proceed as above for the cooking and garnish the sweetbreads with a macedoine of vegetables mixed with butter or cream.

Veal sweetbread Jardinière. — Vegetables are put in bunches instead of being mixed as for the macedoine. (See illustration, page 282.)

Veal sweetbreads Demidoff. — Braise the sweetbreads, as stated. Finely mince carrots, cut in half-moons, 2 or 3 branches of celery and 2 onions. Put these vegetables in a casserole with very hot butter. Salt, well cover and bake in oven, stirring from time to time. When they become yellow, add 6 table-spoonful madeira and let them stew. Pour the remnants of cooking of sweetbreads, well degreased and mixed with fecula. Put the sweetbreads in a long dish and surround with this garnishing.

Veal sweetbreads Financière. — Braise the sweetbreads and surround them with a garnishing Financière : quenelles, mushrooms, truffles, olives,

comb and kidneys of cock, all mixed with a madeira sauce added with the reduced cooking.

Veal sweetbreads Comtesse. — Same proceeding. Garnish the sweetbreads with small half-lettuces, braised and alternated with small veal quenelles with panada, moulded in buttered boat moulds, and decorated with some truffle. Sprinkle with cooking juice, degreased and mixed with fecula. (See illustration, page 266.)

Veal sweetbreads "Grand'Mère." — Press and let the sweetbreads gets cold. Pick it with fine lardoons of fat bacon and tongue "à l'écarlate." Toss it in butter on all its faces.

Stew in butter a mirepoix of carrots, turnips, shallots and mushrooms.

When sweetbread is tossed, drop grease from cooking, deglaze the pan with some white wine and cooking of mushrooms. Add then the Mirepoix on which veal sweetbread is put. Season with salt and pepper and water in half with good stock. Cover the pan which is introduced in moderate oven, braise all during 30 to 35 minutes. Then drop the sweetbread which is cut in thick slices about $\frac{1}{3}$ inch, dispose in middle of a long dish, in over lapping and on each side pour the Mirepoix. Serve warm.

Veal sweetbread with cream. — White the sweetbread from 7 to 8 minutes, refresh it, clean it and cut in chops. Season, flour and cook in warm butter in a pan during 15 minutes. Put on a dish, pour in the pan 5 to 7 ozs cream, a lemon juice, some Cognac and reduce all to half, add 9 ozs minced and cooked mushrooms. Give some simmering and pour on the shops.

Veal sweetbreads "à la Sévigné." — Braise the sweetbreads, garnished with lardoons. Garnish also with stuffed quenelles and asparagus points (see quenelles), moulded in coffee spoon. Recover the sweetbreads with a juice, lightly tomated and buttered. Quenelles with truffles and parsley. (See illustration, page 280.)

Veal sweetbreads "Toulousaine." — Same preparation and garnishing as sweetbreads "à la Financière," but they are mixed with a Velouté sauce instead of madeira. The cooking juice is served apart.

Nota. — Veal sweetbreads can be accompanied with all sorts of garnishings, either sorrel, spinage, mushrooms, morils, cèpes, green beans, peas mash, chestnuts, small onions, etc., the cooking is always the same.

Veal sweetbreads chops "à la Maréchale." — Veal sweetbreads are prepared in chops. White them a little, refresh and cut somewhat nice and thick chops, season, flour and cook them in a pan with hot butter from 6 to 8 minutes, on each side. Prepare a Duxelles of mushrooms and on each chop put a dôme of Duxelles. Recover with bread crumb and put in oven to gratin. Serve the chops with a tomated sauce.

Chops of veal sweetbreads "Graziella." — Cooking as above and prepare the chops of fried croûtons of bread, recover with a light madeira sauce. Put on each half a grilled tomato filled with a Soubise purée. Hazel potatoes around the dish. (See illustration, page 265.)

Chops of veal sweetbread Florentine. — Cooking as above and serve the chops on spinage in branches, tossed in butter. Nap with Mornay sauce, powder with cheese and bread raspings, recover with melted butter and gratin in hot oven.

Chops of veal sweetbreads "Grand Duc." — Proceed as above. Put the chops on fried croûtons of bread, of same size and in a fireproof dish. Put upon a slice of truffle, nap copiously with Mornay sauce, sprinkle some cheese and gratin. Put between each a very small bunch of green asparagus points and in center of the dish, the veal sweetbread dressed in crown. Pour a small stew of mushrooms and truffled mixed with a light madeira sauce.

Chops of veal sweetbread "Maintenon." — Same proceeding as for veal chops under this name.

Chops of veal sweetbreads "Bérengrère." — Same cooking as above. Put the sweetbreads on croûtons and surround them with a lace of thick Béarnaise. In middle, put a coffee-spoonful mushrooms mash, then a slice of truffle and in bush, in middle of the dish, hazel potatoes. (See illustration, page 264.)

Calf's liver "à l'Anglaise." — Season and flour nice slices of well white calf's liver, toss them in very hot butter and serve on a dish. Put bacon on each slice, grilled in pan and well dried. Sprinkle with butter obtained from cooking of calf's liver and grease given by the bacon. Serve with potatoes "à l'Anglaise."

Calf's liver with fine herbs. — Proceed as for veal cuttlets under this name.

Calf's liver "à l'Italienne." — Toss the calf's liver as above and nap it with a sauce Italienne (see sauces). Sprinkle some chopped parsley.

Calf's liver "à la Bourgeoise." — This dish is prepared with an entire liver or at least the half. Larding as beef "à la mode," toss in cocotte, water with half a bottle white wine and same quantity brown juice. Put a garnishing of small onions and small carrots, cover and slowly cook during 2 hours. When all is well cooked, drop the cooking and reduce. Mix it with some fecula and tomato mash and pour on liver. Serve all.

Calf's liver skewered. — Cut square pieces of calf's liver, size of dominos and as thick. Toss them rapidly in butter, to be stiffened and drop them. White and grill same quantity of chest lardoons, not so thick and put them, in alternating, on skewers. Recover with bread crumb and grill; serve with a light half-glaze sauce, or Lyonnaise, or Maître-d'Hôtel.

Calf's liver "à la Piémontaise." — Mince 1/2 lb. calf's liver in very thin slices as made for kidneys. Salt, pepper flour and seize in broiling butter, water with a liquor-glassful madeira or white wine and some half-glaze sauce. Only give 2 or 3 simmerings and put in middle of a rizotto with tomatoes.

Calf's liver "à la Juive." — Wash and wipe in warm water during 30 minutes a good pinch of Corinthian raisins. Toss then the calf's liver in butter when cut in slices, season and flour. Deglaze the pan with vinegar which is entirely reduced. Add a light half-glaze sauce, then the dropped raisins. Give some simmerings and pour this sauce on calf's liver slices, prepared in a warm and round dish.

Bread of calf's liver "à la Française." — For about 10 persons, take 500 gr. well white calf's liver which is cleaned not keeping the nerves and skin. Crush and season it with salt, pepper and spices. Add then 1/2 pt. thick and cold Béchamel, then 3 table-spoonful double cream and 5 yolks or 2 full eggs. Strain all through fine tammy, fill a dozen buttered babas moulds, very lightly powdered with bread raspings. Poach these moulds in bain-marie, in oven, but do not let it boil, such as for a cream "renversée." 8 to 10 minutes cooking are sufficient. Remove from mould on a round dish and nap with a light Half-Glaze sauce. They can be napped with sauce Choron and garnished with a light vegetable : mash for instance.

Small breads of calf's liver "à la Valois." — Very light dish which can be served for an invalid. Crush 1/2 lb. well white calf's liver with salt, pepper and spices, add a tea-cupful cold and thick Béchamel, 2 spoonful double cream a full egg or 2 egg yolks. Strain all through fine tammy and fill with this mash small buttered babas moulds. Poach in bain-marie in oven during 12 minutes, remove from moulds and recover with a sauce Valois, or a Béarnaise in which some melted glaze of meat is joined. This can be made in a large mould. (See illustration, page 282.)

Quenelles of calf's liver (German cuisine). — Wipe 3 ozs crumbled old bread crumb with 6 table-spoonful milk cream. Put in a basin with 4 ozs soft butter, 2 spoonful flour and 2 full eggs. Well work the mixture to obtain an homogeneous paste, add 1 lb. crushed calf's liver, strained through iron tammy. Season with salt, pepper, spices and cumin. Add a finely chopped onion, cooked in butter and fine herbs. Work the mixture and make quenelles with table-spoon. Cook in boiling salted water and serve on a dish. Sprinkle a well cooked piece of butter, in which some bread crumbs are cooked.

The noix of veal (part of shoulder). — Is used for chops, savoury collops, quenelles, fricandeaux. Entirely prepared in a dinner, it is a very good piece when well dressed. We will give some recipes for a fair number of guests. For less guests, only the half is taken.

Braised noix of veal "à la Breban." — Pick fine lardoons in a noix of veal, braise it on moderate fire with white wine and stock. Make a noodle paste with 9 ozs flour, 1/3 oz. salt 2 eggs and one egg yolk. Cut this paste in

fine laces which are poached in salted boiling water. Drop them and toss them in butter, season with salt, pepper, paprika and red minced pimentoes and 5 ozs rasped cheese. Make a Soubise sauce and add minced mushrooms. Serve the noix of veal on a round dish with noodles dressed in border. Put some slices of tongue "à l'écarlate," same quantity as guests. These slices are first warmed in veal gravy. Put on the tongue nice mushrooms heads cooked and well white.

Noix of veal Orloff. — Cook in advance the noix of veal in a cocotte and afterwards prepare a Soubise purée. Mix 4 ozs cooked and minced mushrooms. Cut the veal and reform it in a dish with a couch of purée between each slice. Copiously nap all with a thick Béchamel mixed with 2 egg yolks and 2 ozs rasped Gruyère. Sprinkle some bread raspings, gratin and serve warm. It is very exquisite.

The noix of veal Judic. — Cooked in a casserole as above, garnished with braised lettuces and potatoes Duchesse. Lettuces are lightly sauced with madeira sauce. Gravy is served apart. (See illustration, page 280.)

Noix of veal "à la Reine Margot." — The noix, picked with lardoons is slowly braised in a brown gravy with some white wine. Prepare potatoes croquettes (see vegetables) and make croquettes in timbales, recover with breadcrumb and fry. Keep with the punching-press a small cover on these croquettes and empty the interior, without camages. Maintain in a warm place and at the time of serving garnish with small peas "à la Paysanne" to which very small lardoons are added. Surround the noix of veal with these croquettes and put a small piece of tongue "à l'écarlate" or meagre ham which forms the cover and which will be lightly warmed in gravy of the noix of veal.

Noix of veal "à l'Ancienne." — Larding of a small and entire noix of veal, first choice. Braise it in cocotte with vegetables in bottom and water with a very small quantity of gravy. Cooking is operated in oven, very slowly (2 hours for a noix of veal of 4 to 5 pounds). During the cooking, prepare a garnishing of truffled quenelles, mushrooms, lamb's sweetbreads and comb, kidneys of cock, all mixed with 1/2 pt. sauce Suprême. When the noix is braised, let it get lukewarm. Put a small knife in flesh with a border of 3/4 inch without entirely going in the bottom. Make a circular incision round the noix of veal and keep the middle. The hollow will be filled with quenelles garnishing. The separated part is put as a lid. Then the noix is dressed on a dish, recovered with its degreased and strained cooking. The interior cut part is put in slices around the noix.

Noix of veal "à la Nivernaise." — Same cooking as above, surround with a garnishing of glazed carrots, small peas with butter and new potatoes. Entrée for Spring. (See illustration, page 270.)

Braised noix of veal "à la Gendarme." — Prepare a noix of veal and pick the top with lardoons of fat bacon. Prepare the middle with lardoons as beef

à la mode, add meagre cooked ham, and truffles cut in the same manner. String the noix of veal and toss it in butter, slowly braise in its gravy during 2 hours, sprinkling often during the cooking. When it is cooked, glaze it in hot oven, after it has been sprinkled on several times with its cooking. Cut the necessary number of slices, serve the noix of veal on Duchesse potatoes placed in a long dish.

At each end of the dish put a round croustade in Duchesse potatoes, in each croustade serve a dôme of glazed carrots and small peas with butter. Around the noix of veal and on border of the socle, put some glazed turnips. Further, on each side and on borders of the dish, put small tartlets filled with Soubise and decorated with a slice of truffle. This dish is served well hot, accompanied with remnant of degreased cooking, strained and reduced. (See illustration, page 289.)

Nota. — The noix of veal can also be garnished with all sorts of vegetables, as for a fillet of beef.

Masked noix of veal. — Pick a nice noix of veal which is braised on a moderate fire and recovered with remnants of cooking. Further prepare potatoes Duchesse mixed with full eggs and some rasped Gruyère and Parmesan. When the noix is cooked cut it in thin slices, reform it and garnish with the potatoes which are powdered with Gruyère and Parmesan, gratin in quick oven, serve with reduced cooking mixed with half a coffee-spoonful paprika. Remnants of the day before can be served in this way.

The saddle of veal. — Splendid dish, but owing to its size and weight it does not pertain to the home-like cuisine. It is a dish for hotels or restaurants.

Pilaff of veal kidneys. — For making a good rice Pilaff, the rice must be measured in a bowl. Lightly toss in butter a chopped onion, pour the rice and brown in butter, water then with twice its measure of white stock, i. e. two bowls of stock for one bowl raw rice.

Season with salt, pepper and a small bunch of herbs, cover all and cook it slowly during 17 to 18 minutes.

Clean and cut in very fine dice a veal kidney, keeping all the fat parts in middle; toss it on hot butter and on direct fire; when meat is seized, powder it with salt, pepper and some curry. Water with tomated half-glaze sauce, remove on first simmering. Serve rice in border and meat in middle.

Tossed veal kidneys. — Veal kidneys are tossed according to recipes given for beef kidneys. Cut in fine slices and toss in butter in a pan, on direct fire to be seized. They must not boil in the sauce. Water with white wine or madeira.

Veal kidneys Montpensier. — Cut the kidney in thick slices as for chops of veal sweetbreads, season, flour and quickly toss in butter. Serve in crown on a tomated rizotto with cheese. Nap with a buttered madeira sauce, lemoned and added with truffles in small fillets. Very short sauce.

Veiled veal kidneys Béarnaise. — Take a veal kidney and surround it with the grease. Separate obliquely in two parts and recover them with bread crumb. Sprinkle some butter and put in a very hot oven, or grill them, sprinkling from time to time. Serve on a warm dish together with a sauce Béarnaise.

Veal kidneys "Grand'Mère." — Cut in large Julienne, i. e. as matches, some carrots, turnips and a big onion. White these vegetables in water during some minutes, drop them and slowly cook them in butter in a well closed casserole. Further cook in salted water a handful green beans. Take two veal kidneys, surrounded with a thin envelop of grease. Cut them obliquely, season and flour and cook them in butter, in a cocotte at the last minute, such as for a veal cutlet. When vegetables are cooked, dress them in an earthenware pot or in a cocotte. Put the kidneys in middle and make a good seasoned gravy with remnants of cooking, butter apart from fire and serve on kidney.

Veal kidneys "à la Bordelaise." — Cut in slices or only in middle. Flour and toss in very hot butter, in a casserole. Prepare in advance a Bordelaise sauce (see sauces) and poach in salted water 6 or 8 rounds of beef marrow. Serve the kidney, cooked and rosy on a round dish, sprinkle with sauce and put rounds of poached marrow with some parsley. Put a crown of tossed cèpes "à la Bordelaise."

Veal kidneys "à la Berrichonne." — Cut the kidneys in thin slices and toss them on fire, mix them with lardoons and tossed mushrooms. Water with a Bordelaise sauce, without marrow and serve immediately.

Calf's tongue Dussolier. — White the tongue, refresh and brush it for keeping the white skin. Toss it with onions, carrots and shallots, cut in very regular small dice. When vegetables are yellow, water with a glassful white wine and $\frac{7}{8}$ pt. half-Glaze sauce, strongly tomated. Degrease the sauce and add one or two gherkins, cut in dice, and a pinch chopped fine herbs. Cut the tongue in slices and serve in middle of a long dish border with a lace of potatoes Duchesse coloured in oven. Recover with sauce, without straining it. (See illustration, page 266.)

Calf's tongue "à la Romaine." — Prepare the tongue as above without the vegetables and making the sauce Romaine.

Vinaigrette veal crow. — The crow of veal is whited as veal sweetbread, it is cooked in white as stated for cooking of calf's head. Serve it well hot, seasoned with vinaigrette and accompanied with fine herbs and mustard. A Tartare sauce mixed with some spoonful of cooking can also be served.

Fried calf's head. — When there are remnants of calf's head warm it, cut it in pieces, not too great and which are macerated with salt, pepper, lemon juice and chopped parsley. Wipe then in a frying paste and plunge

in boiling frying 5 or 6 minutes. Drop, serve in a bush in a serviette with fried parsley and apart a tomato sauce.

Method for cooking the calf's head. — Is must be served well white; it is an essential quality. It must get empty during a long time in current water boned and whited 5 or 6 minutes in cold water. Reflesh, strongly cover with lemon juice and cut in regular squared pieces. Cook it in a white, i. e. with much water, in which when cold a handful flour is mixed. Season the cooking with onions, carrots, pepper in grains, bunch of herbs, salt and flesh of a peeled lemon. Cover the calf's head with a cloth, as in boiling the cooking is same as for milk. The calfs' tongue is cooked with the head, but not the brains. This is prepared apart with salted and vinegared water. Time of cooking varies according to the animal's age, but the head must remain ferm in cooking. This can also be prepared the day before, but it must be left in its cooking. It would become black in the air. Further if there remains some, keep it in its cooking which would become a jelly, when cold.

Calf's head, vinaigrette. — Drop the pieces and serve them on a serviette putting slices of tongue and chops of brains from place to place. Put well brushed ears in the middle and garnish them with parsley. Serve apart a sauce vinaigrette added with a chopped hard-boiled egg and some cooking of calf's head. In a small dish, put chopped fine herbs, capers, and a chopped onion, all separated bunches. Keep the cooking for preserving eventual remnants.

Calf's head "à la Normande." — Make a well creamy sauce velouté, add cooked mushrooms and nap on the dressed calf's head. Surround with fried croûtons of bread.

Calf's head "en tortue." — Prepare a Turtle sauce, add a garnishing of quenelles, mushrooms, olives and very small and white gherkins. Dress the calf's head — with much care — on the garnishing and decorate with 2 great truffled quenelles, 2 fried eggs and fried croûtons of bread, put around the dish. (See illustration, page 290.)

Stuffed calf's heart "à l'Anglaise." — Prepare the following stuffing : hash 2 ozs grease of beef kidney, same weight of scrambled bread crumbs, chopped fine herbs, hashed onion cooked in butter and a full egg. Fill the holes of the heart with this stuffing, recover with bardings and toss in cocotte. Braise in juice during 2 hours. Serve with "potatoes nature."

Tossed calf's heart. — The heart is cut in slices and treated as for calf's liver. It can receive same sauces and garnishings. It must not cook in its sauce, as it would become hard.

Soft of veal "in civet." — Cut the soft in squared pieces. Toss them in broiling grease, powder with flour, add some crushed garlic, water in half with red wine and in half with water. Season, add a bunch of herbs, some tomato

mash and some onions tossed in butter. Slowly cook and after one hour $1\frac{1}{2}$, add some potatoes. Slowly cook and remove the grease before serving. If sauce has not a well brown tint, add some caramel.

Stuffed calf's feet rouennais. — Use calf's feet used first for a jelly of aspic. Bone them entirely and separate each half of foot in two parts. Take a squared piece of pork small caul (*crépinette*). Put some sausage flesh in middle and upon the calf's foot. Recover with a light couch of flesh, recover all with the small caul and recover with bread crumbs. Sprinkle some oil and grill in a very hot oven. Serve them with a sauce Rouennaise.

Fried calf's feet. — Cut the calf's feet in pieces about 2 ozs macerate them an hour with salt, pepper, chopped parsley and lemon juice; wipe in a frying paste and plunge them in very hot frying during 6 to 8 minutes. Serve on a serviette with apart a tomato sauce.

Osso Buccho (veal knuckle). — Cut by the butcher 2 lbs. veal knuckle in transversal slices, with the bone in middle. Flour the pieces and put them in butter or larder on the two sides, without being too much tossed. Remove them from the casserole and replace them by a good quantity of grossly chopped onions. When they are brown, put pieces of meat, add 2 lbs tomatoes, cut in four pieces, season with salt and paprika. Water with some gravy or water, cover and slowly braise during $1\frac{1}{2}$ to 2 hours.

After this time, remove the grease of cooking, strain it through a fine tammy for obtaining a tomato cullis, with which the veal knuckle will be recovered. Serve with potatoes, macaroni, rice, etc. Well season the sauce. Oriental cuisine.

Cold veal's ribs "en Bellevue." — Toss the floured ribs, water them with some jelly for covering them. Put small round carrots and onions. Season and slowly cook, for not troubling the jelly. After cooking, remove the grease and put the ribs in a flat dish with garnishing of small onions and carrots. Recover with jelly and let it seize in a cool place. Remove from mould on a cold dish, surround with a crown of curled parsley. Convenient for Summer. (See illustration of cold Beef à la mode, page 279.)

Glazed noix of veal "Grand'Mère." — Toss in a cocotte a piece of noix of veal, picked with lardoons. Water with some jelly. Season and let it stew. Cut in fillets, as great matches : carrots, turnips, onions, toss all in butter in a pan, put these vegetables around the veal; in order that all is cooked at the same time. Cook apart green beans, add them at the last minute. Put in a basin and let it get cold. Remove the grease on the top with some boiling water and serve as it is.

Mutton

The mutton's meat is very good owing to its savour and its healthy and nutritive qualities. A grilled cuttlet is light and healthy, but the kidneys are very indigestible. The flesh of a mutton must be of a nice red, lightly brown, covered with a good couch of ferm and white grease.

The mutton is eaten as grillings : cuttlet, kidneys, chops, etc..., as roast : shoulder, saddle, loin or all in stew or sauteings : neck, shoulder, low pieces, pluck, feet, etc...

Mutton's cuttlets. — The grill will be preferably used, as it is the ideal cooking. Gas grilling is not of the same value as braise grilling, but it is preferable to cooking in a pan in which the cuttlet fries in its grease.

Grilled mutton's cuttlets with watercress. — They must be cut somewhat thick and in the first ribs. Grease or oil them on the two sides and season them with salt. Put them on grilling, prepared in advance. (See grillings.)

Grill each side, but keep them bleeding. When the grease given becomes to flame, put with the hand some salted water to extinguish the flame which would render the cuttlets somewhat black but also to avoid the smoke.

Put the cuttlets on a warm dish and garnish with watercress and a curl-paper on each bone.

Grilled mutton's cuttlets "Pont-Neuf." — Proceed as above and garnish the ribs with fried potatoes „ Pont-Neuf ” and watercress.

Grilled mutton's cuttlets "Vert Pré." — Proceed as above and garnish with straw-potatoes and watercress.

Grilled mutton chops. — This is a cuttlet cut in mutton's fillet and well thick. Skewer it, grill it and serve as for cuttlets with bone. Garnish with a crown of puff potatoes. (See illustration, page 301.)

Grilled lamb chops. — This English term means a grilling cut obliquely in the saddle and has therefore two mutton's chops put back to back, but not so thick.

Mutton's cuttlets recovered with bread crumb "à l'Anglaise." — Salt and pepper the cuttlets, flour and wipe in a beaten egg, mix with oil, roll in white bread raspings. Toss in cooked butter and put any garnishing.

Flemish mutton's cuttlets. — Toss the cuttlets, recovered with bread crumbs or not, in a pan with cooked butter. Serve in crown on a round dish and garnish middle with Brussels sprouts, tossed in grease of cuttlets.

Mutton's cuttlets with noodles. — Toss the cuttlets in butter (recovered with bread crumb) and garnish with fresh noodles tossed in butter and add some rasped cheese. Serve with a tomated juice.

Mutton's cuttlets "à la Sévillane." — Prepare a small stew of nice round stoned olives, stew in an half-glaze sauce, lightly tomated with some garlic. Serve the cuttlets in crown, surround with olives and put remnant in middle. Mix to the olives pieces of tossed tomatoes.



Fig. 198. — Beef à la mode or veal cutlets in jelly.
These two dishes have exactly same presentation (see pages 258 and 277).

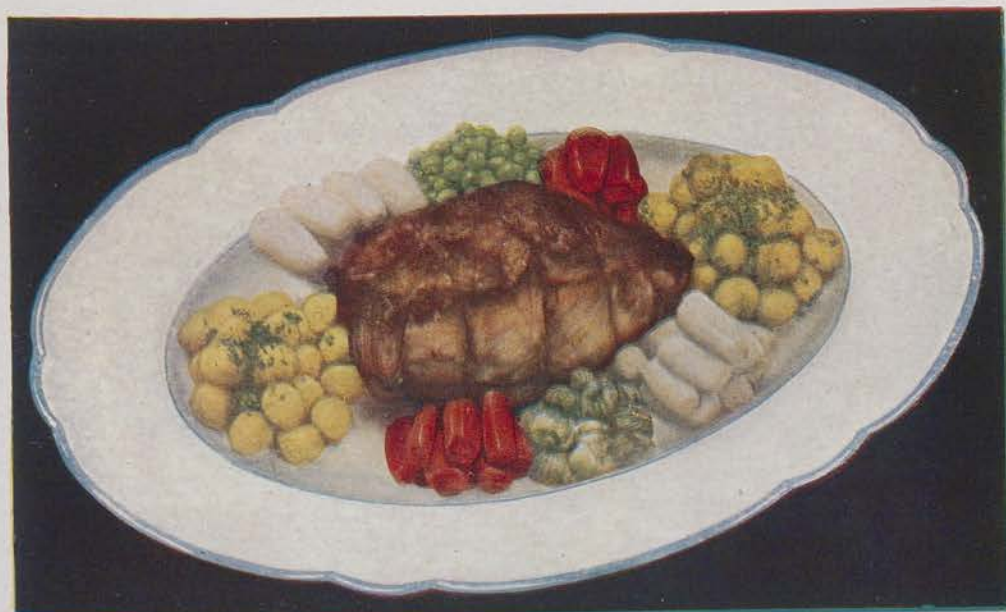


Fig. 199. — Loin of veal "à la Nivernaise" (see page 273).



Fig. 200. — Braised veal sweetbread "à la Sévigné" (see page 270).

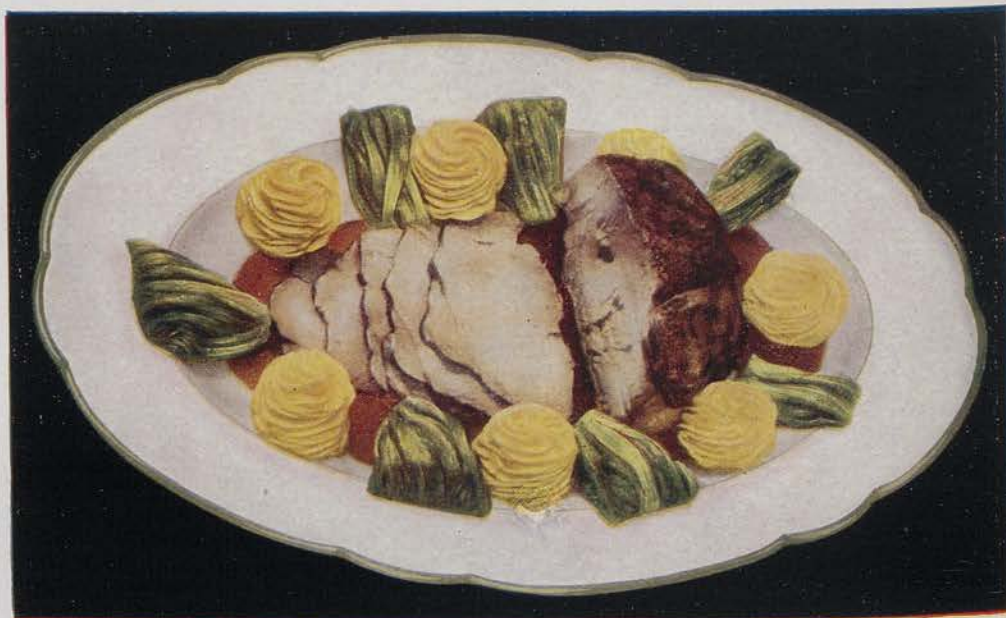


Fig. 201. — Loin of veal "à la Judic" (see page 273).



Fig. 202. — Veal collops "à l'Arlésienne" (see page 262).



Fig. 203. — Veal cutlets "à la Pojarski" (see page 260).



Fig' 204. — Braised veal sweetbread "à la Jardinière" (see page 269).



Fig. 205. — Moussaka "à la Turque" (see page 425).

Fig. 206. — Bread of veal liver "à la Valois" (see page 272).

Mutton's cuttlets "à la Champvallon." — A very good dish, made with mediocre cuttlets, presented as small tournedos or on the square of cuttlets of which the bone is cut. They are tossed or grilled and they are presented or garnished as tournedos of veal chops.

Hazels of salt-marsh "Capucine." — Grill somewhat thick and hollowed heads of mushrooms. Fill them with a very creamy mushrooms mash and dress on the hazels put on croûtons.

Legs, saddles and shoulders. — The legs constitute a family dish, copious, agreeable to every people. Remnants can be prepared with a sauce mayonnaise for supper. The leg is well prepared with all sorts of vegetables.

Mutton's leg "à la Bretonne." — Roast the leg in a very hot oven (about 1/4 hour per pound of meat). Pick some garlic on each end of the bone, in the part called "the souris." The garnishing "Bretonne" is made as follows: toss with some leg's grease 2 or 3 chopped onions, add a few spoonfuls tomato mash, cleared with some stock. Add 1 3/4 lb. white beans or flageolets cooked in advance. Season and grease with all or part of leg's grease. Serve these beans around or apart and serve at the same time with the roast gravy. Sprinkle some parsley on the beans.

Mutton's leg "à la Boulangère." — Roast the leg in a great dish and when it is cooked in half, put around some minced onions, then potatoes in thin rounds or in quarters. Terminate cooking of all, sprinkling very often. As it is not possible to have a roast gravy in this preparation, as the potatoes absorb this, it would be good to prepare some apart with bones and garnishing of mutton's leg.

Braised mutton's leg "Soubise." — Prepare the leg in cocotte as for a piece of veal, that means to toss it with onions and rounds of carrots, then water with 1 3/4 pt. to 3 1/2 pts stock. Season, cover and bake in oven (3/4 hour per pound). Drop the sauce, degrease, reduce to half, mix it with some tomato mash and some fecula deluted with some water. Then strain the leg 1/4 hour in hot oven, colour the top and serve with a Soubise and its gravy. It is not bleeding, but very cooked.

Leg of salt-marsh "à l'Anglaise." — Prepare the leg and recover it with a stringed serviette, then plunge it in a great basin full of boiling and salted water. Poach with slow ebullition during 1/4 hour per pound. Cook in the same cooking, recovered with a cloth, carrots, turnips, small onions, a handful green beans. Serve the leg surrounded with this vegetables garnishing, to which potatoes "à l'Anglaise" are added, cooked apart. Serve at the same time a Caper sauce made with cooking of leg (see sauces). (See illustration, page 301.)

Leg of seven hours. — Pick in a somewhat thick leg about ten garlics. Toss in a great pan or cocotte with some onions and carrots. Drop the obtained grease, water with half a bottle white wine and light half-glaze sauce, [in

order to bathe the leg in $\frac{3}{4}$ th. Season, hermetically cover and slowly braise in oven during 7 hours, without nearly ebullition. Remove grease from sauce, strain it and serve the leg which must be archi-cooked, but delicious with a preferred vegetable. Small glazed onions are particularly recommended.

Braised mutton's shoulder "Ménagère." — Bone the shoulder and spread inside a couch of sausage flesh, add some chopped onions cooked in butter, parsley and chopped fine herbs. Season. Roll and string the shoulder and toss it in a cocotte with grease. Then add quarters of carrots, small onions and some garlies; water with two glassful water, season, cover and braise during 3 hours. Remove grease from gravy, add 1 lb. potatoes cut in quarters and lightly tossed apart with good grease. Remove the string, cut the shoulder and serve on a dish surrounded with its garnishing and recovered with its gravy.

Braised shoulder with turnips. — Proceed as for braised shoulder and during the cooking fry in a pan a bunch or 2 of turnips, cut in quarters (terminate with some gravy of shoulder), cook also a dozen small onions with butter and serve this garnishing around the shoulder, which is recovered with cooking gravy, degreased and mixed with fecula.

Mutton's shoulder "Boulangère." — Proceed as stated for leg "à la Boulangère." The mutton's shoulder can be garnished with various vegetables, as for the leg. (See illustration, page 290.)

Mutton's saddle of salt-marsh "Bouquetière." — Is constituted by joining of two mutton's filets. This is a rich piece served in well treated dinners as "relevé and accompanied" with different garnishing. The saddle "bouquetière" is roasted. Its garnishing is composed, as shown by its name, with small bunches of various vegetables: carrots, turnips, peas, green beans, potatoes, asparagus points, which are separately cooked and tossed in butter, then served in croustades or on the dish, in varying tints. The saddle is accompanied with its greased roast gravy, mixed with fecula. The more difficult is its cutting. We have given the indications at page 25. Fig. 17 et 18.

Saddle of salt-marsh "à la Française." — Prepare some Duchesse potatoes and make with the hand form of thick "croissants." Recover with bread crumb as for croquettes and fry at the last minute. Put around the cut and replaced saddle, the points put in direction of saddle. Fill center of each "croissant" with a spoonful small peas with butter. Serve at the same time roast gravy, lightly mixed. (See illustration, page 292.)

Saddle of salt-marsh "à la Roseberry." — Saddle garnished with stuffed tomatoes, small puff-bouchées filled with morils and cream, new potatoes tossed in butter and small fresh peas with butter. Serve together with a Béarnaise.

Saddle of salt-marsh "Charolaise." — The saddle is roasted and garnished with braised cabbages, chestnuts cooked in stock and potatoes with butter. Remnants of cooking of saddle is degreased and adjoined with a good Madeira half-glaze sauce.

Saddle of salt-marsh "à la Moderne." — Serve on a warm dish the roast lamb's saddle and surround with the following garnishing :

1^o Braised and moulded cabbages, in small timbales moulds of which the bottom is garnished with a thin round of carrot (small chartreuse);

2^o Stuffed and braised lettuces.

3^o Veal quenelles, decorated with tongue "à l'écarlate."

Serve warm and put in a sauce-pan the mixed gravy.

Nota. — Apart from these recipes, the saddle can receive same garnishings as for other pieces of meat.

Mutton's fillet. — The mutton's fillet being the half of saddle, separated in its length, it can receive same preparations. Sometimes it can be boned, stringed and roasted or braised, then garnished, as for leg or shoulder.

Daube of mutton "à la Provençale." — Cut in squares 2 lbs boned mutton's shoulder, pick in each piece a lardoon of fat bacon and marinate 24 hours in white wine, some oil, onions, carrots, bunch of herbs. Put this meat in a basin with onions and chopped garlic, lardoons of meagre bacon, 4 or 5 boned mutton's feet, small rinds, all well whited. Add seasoning and an aromatized bunch. Put upon the marinate, add some tomatoes in quarters. Hermetically cover and bake slowly in oven during 4 to 5 hours. Remove the grease before serving in the basin.

Mutton's stew, called "Navarin." — Several mutton's pieces can be used for making the stew, either should, chest, neck or slow-ribs; the best is the shoulder. Cut the meat in great dice and toss it on direct fire with very hot grease until it is well coloured. Drop great part of the obtained grease and powder the meat with 2 or 3 spoonful flour, let it get brown, then add some crushed garlic. Then water, add some tomato mash, salt, pepper and bunch of herbs. Add some caramel to the sauce, cover and slowly cook during an hour.

Add some onions, carrots, turnips, all well tossed in a pan with some grease and a pinch sugar for putting some caramel on the vegetables. Slowly continue the cooking during 3/4 hour. Remove entirely the grease from sauce; add new potatoes (when it is the season) or small turned potatoes. Continue cooking in a moderate fire or preferably in oven, in order that meat and vegetables are cooked at the same time. Remove the grease, if necessary, powder with chopped parsley. This will give a very good stew.

Mutton's beans. — Proceed as for the stew only with tossed carrots and onions and when the meat is nearly cooked, remove the grease and add white beans or flageolets cooked in advance and which are stewed some minutes in the meat.

Mutton's stew "à l'Anglaise" or Irish-stew. — This is very recommended for its quality, digestibility and the variation brought to the menus.

White the meat in putting it in cold water; after 5 to 6 minutes ebullition, refresh it in current water, put it for cooking again with a good couch of minced onions and about 1 lb. rounds of potatoes for 3 pounds meat. Water until covered, salt, strongly pepper, add a bunch of herbs and cover. When the meat is nearly cooked (after one hour and a half), remove the pieces, then degrease the sauce and strain all, onions and potatoes through fine tammy, in order to obtain a mash which delayed with cooking water will form a lightly mixed sauce. Put all on fire with the meat and add also about 1 1/2 lb. potatoes, cleaned and made as new potatoes. Terminate slowly the cooking and serve with chopped parsley.

In case there is too much sauce, the exceeding will constitute a good soup.

Mutton's Pilaff "à la Ménagère." — Prepare a mutton's stew, as stated for the Navarin, without vegetables, except onion. Strongly add tomatoes and a pinch saffron. Serve in a border of rice Pilaff.

Pilaff "à la Syrienne." — Hash a big onion which is tossed in some grease of mutton's tail, add 1 3/4 lb. raw flesh of leg or chopped lamb's shoulder, which are also tossed. Powder all with a table-spoonful flour, a good pinch salt and paprika. Water with 1/2 pt. cold water and 2 table-spoonful tomato mash. Add a bunch of herbs and a small piece of cinnamon. After it has braised during 2 hours, serve this hash in middle of rice cooked with vapour and well dried. Oriental cuisine.

Braised mutton's tongues with chestnuts mash. — White and refresh the tongues. Brush and braise them in proceeding as stated for calf's tongue. Cut then in thin slices in sense of length and put on a chestnuts mash. Sprinkle with degreased cooking of tongues.

Nota. — Apart this recipe, the mutton's tongues can be prepared as calf's tongues.

Mutton's tongues with curl-paper. — Same cooking as for veal cuttlets with curl-paper. They can also be served cold with jelly as for pork's tongues.

Skewered mutton's kidneys. — Separate them in two parts, but not entirely, remove the skin and maintain them opened with special skewers, recover with butter, salt and grill them on direct fire. Keep them bleeding and serve with like a nut of butter "Maître d'hôtel" in middle and surrounded with watercress. Sometimes the kidneys are recovered with bread crumbs, rolling them in melted butter and bread crumb.

Skewered kidneys "Vert-Pré." — Same recipe as above as regards the cooking. Garnish them with a bunch of straw-potatoes and a bunch of watercress. (See illustration, page 303.)

Tossed kidneys with white wine. — Clean the kidneys and cut them in very thin slices; toss them on direct fire with very hot butter. When they are stiffened, serve them in timbale, deglaze the pan with some white wine and a chopped shallot. Reduce the wine to half and add some spoonful half-glaze sauce, a good piece of butter, some minced cooked mushrooms. Give 2 or 3 simmerings and pour on the kidneys, which must not boil in the sauce. Powder with parsley and put around some bread croûtons cut like hearts and fried in butter.

Mutton's kidneys, tossed with madeira. — Same proceeding as above, replacing white wine with madeira.

Tossed kidneys "Berriehonne." — Toss in butter some small lardoons of meagre bacon, stew them in a Bordelaise sauce with some mushrooms. When lardoons are cooked, toss the mince kidneys and add them to the garnishing. Serve immediatly with chopped parsley.

Tossed kidneys Turbigo. — Entirely separate the kidneys in two parts, flour and toss them in butter. Serve them on fried bread croûtons, place on each a grilled sausage Chipolata and recover with a tomated half-glaze sauce, added with small onions and mushrooms. Chopped parsley. (See illustration, page 303.)

Hunter tossed kidneys. — Same proceeding as for kidneys with white wine, increasing the quantity of mushrooms.

Mutton's pluck. — Under the name of pluck the giblets of mutton, such as : liver, heart, lungs and with which a stew is made. Cut the lungs or soft in great dices and the heart in slices. Toss with some grease, powder with flour and brown. Add some onions, a bunch of herbs and season. Add some garlics, water or red wine. Cook during one hour $1\frac{1}{2}$, then toss in butter in a pan the cut and floured liver, add it at the last minute to the stew in order it does not boil, as it would become hard. Potatoes can also be added to this stew, as for ordinary stew.

The brains

Clean, cook them in salted and vinegared water, without entirely boil, and in keeping them about 10 minutes on the side of the fire.

Mutton's brains with black butter. — Poach the brains with court-bouillon, drop them, separate them obliquely in two parts. Serve on a warm dish and season. Pour upon a good quantity of well black butter, sprinkle some vinegar which is first poured in the hot pan. Sprinkle capers and chopped parsley on the brains.

Brains with hazel butter. — Separate the brains obliquely in two parts, when raw, season, flour and cook them in a pan with hazel butter, i. e. begin-

ning to be brown. Slowly cook them, serve on a warm dish and recover with hazel butter and lemon juice. They are better when prepared in this way, instead of putting them firstly in court-bouillon.

Brains "à la Poulette." — Poach the brains court-bouillon. Drop them, separate them in two or four slices and serve on a round dish. Nap with a sauce Poulette added with cooked mushrooms; sprinkle some chopped parsley.

Brains recovered with bread crumbs "à l'Anglaise." — Separate obliquely the raw brains, season, flour and recover them with bread crumb "à l'anglaise." Slowly cook them with clarified butter, serve and recover with uncoloured butter.

Brains with vinaigrette. — Cut the brains in slices, when cooked in court-bouillon, dress and recover them with a sauce vinaigrette in which a good quantity of chopped fine herbs and some mustard are added.

Brains "à la Ravigote." — Serve half poached and warm brains in small porcelain cocottes and sprinkle with sauce Ravigote.

Scallops of brains, sauce Mornay. — Put cooked slices of brains of scallops, powder them with rasped Gruyère and recover with a good Béchamel with cheese. Sprinkle some bread crumb, butter and gratin. Mushrooms can also be added.

Brains "au soleil" or fried brains. — Poach the brains (remnants can also be used). Cut the brains in thick collops, season with salt, pepper, chopped parsley and lemon juice and marinate during one hour. Wipe then in a frying paste and plunge in very hot frying during 5 to 6 minutes. Serve on a serviette; tomato sauce apart. They can also be called fritters of brains.

The "Pieds paquets à la Marseillaise." — Marseilles speciality, sort of tripes "à la mode de Caen." These are feet of mutton or lambs, whited, put in a paunch of mutton or even beef. We will recommend to use the "gras-double," well cleaned.

Cut pieces of "gras-double" in squares having 4 inches side. Make the same quantity as mutton's feet and hash the remnants with some meagre bacon or pickled pork, parsley and 2 or 3 garlies.

Very well season. Put a spoonful of this hash on each square, roll and string the two ends as for savoury collops. Melt in a cocotte 5 ozs fat, fresh and rasped bacon, and toss onions, shallots and rounds of carrots, 2 garlies and 1/2 lb. fresh tomatoes. Put the "paquets" in oven and upon the boned mutton's feet, flamed and whited 1/4 hour. Water fully with white wine and water, salt, pepper, add a bunch, hermetically cover with paste around the cover and bake in moderate oven during 7 to 8 hours. Remove the grease and serve very hot as for ordinary tripes.



Fig. 207. — Loin of veal, picked "à la Gendarme" (see page 273).



Fig. 208. — Turtle veal head (see page 276). (Tête de veau tortue).



Fig. 209. — Mutton shoulder "à la Boulangère" (see page 284).

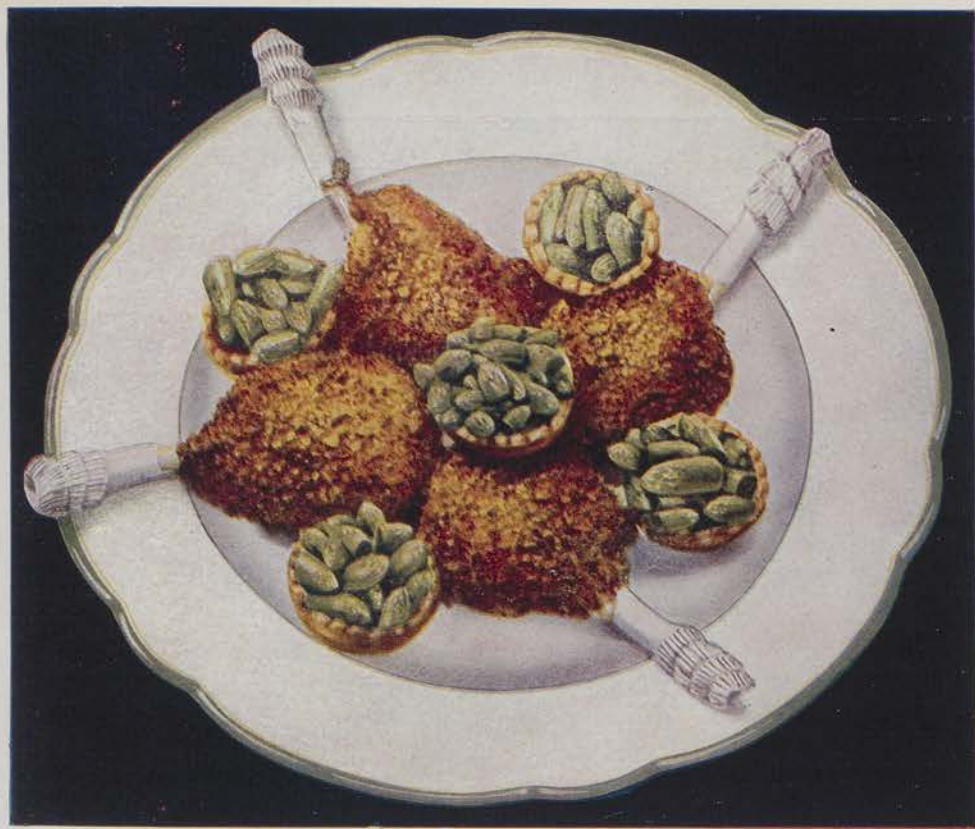


Fig. 210. — Lamb cuttlets "à la Montmorency" (see page 294).

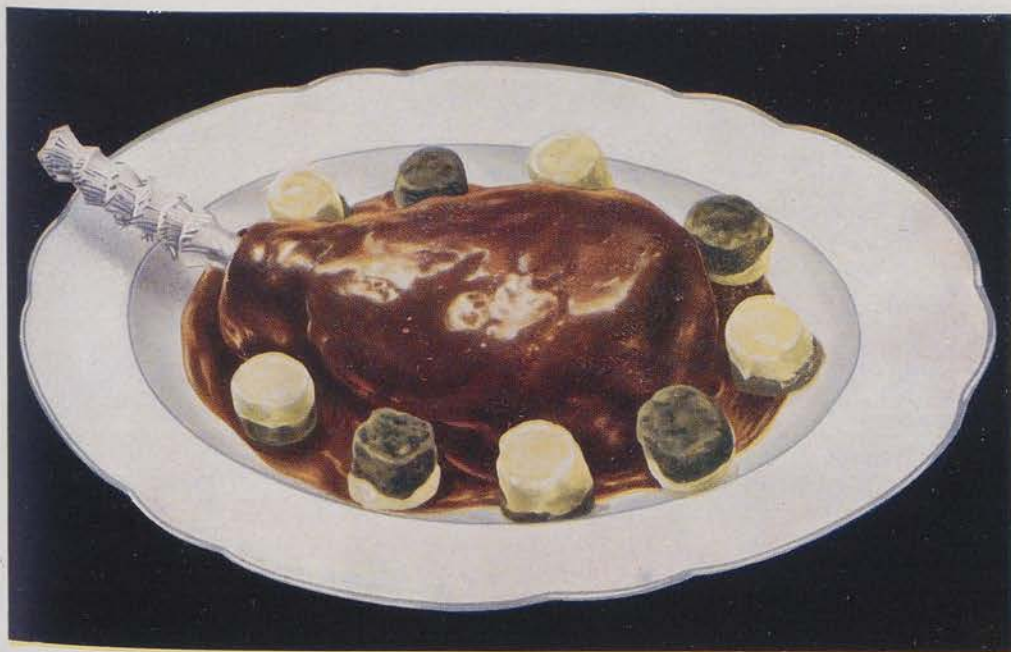


Fig. 211. — Warm ham "à la Marguerite" (see page 309).



Fig. 212. Lamb cutlets "in cuirass" (see page 295).

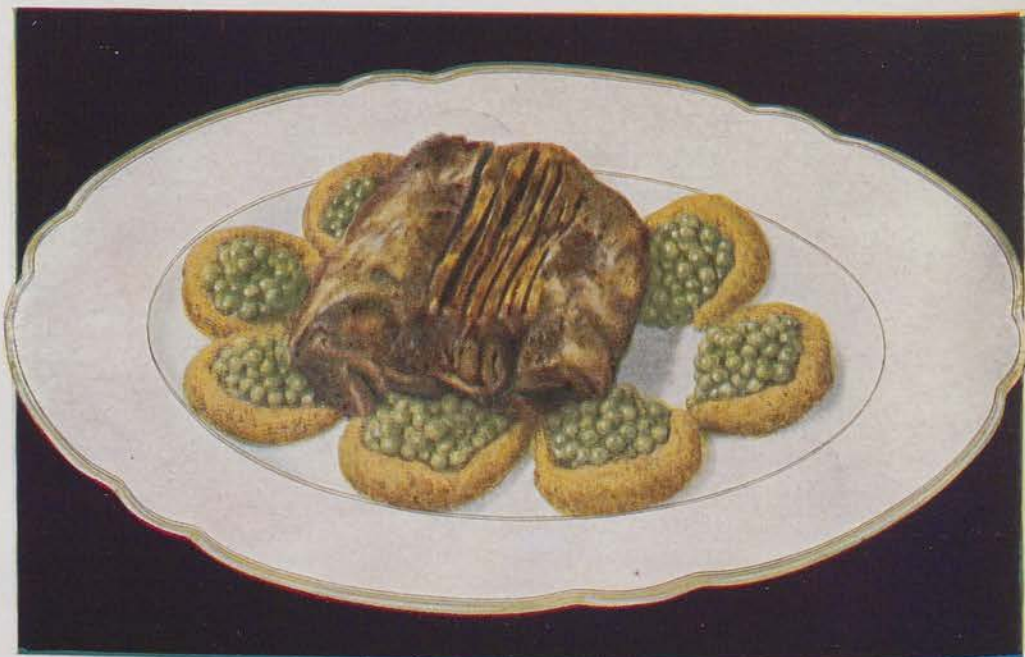


Fig. 213. — Saddle of pré-salé "à la Française" (see page 284).

Mutton's feet poulette. — Separate in two parts mutton's feet and remove the bone, carefully remove the hair situated in the middle, flame and wash. Put them in a great quantity of water mixed with a handful flour, add one onion garnished with a clove, one carrot, a bunch of herbs, salt, pepper and 6 table spoonful vinegar. Slowly cook during a long time, then drop and stew in a sauce Poulette, added with cooked mushrooms, lemon juice and chopped parsley. For obtaining more perfect feet Poulette, sauce can be replaced by sweet cream in which they are stewed a few minutes. At the time of serving, mix them apart from fire with 2 or 3 egg yolks, without ebullition; add lemon juice and chopped parsley.

Mutton's feet "à la Rouennaise." — Cook the feet, drop them and stew them with some cognac, bone them and let get them cold. Prepare a stuffing composed of sausage flesh and chopped onions with lard, together with chopped parsley. Prepare each half foot between 2 couches of stuffing and recover with a square of pork caul. Recover with bread crumb and grill in very hot oven. Serve with a sauce Rouennaise.

Mutton's feet vinaigrette. — Season them when warm with a sauce vinaigrette, added with fine herbs and chopped onions. Add some cooking of feet and serve them lukewarm, in order they remain again soft.

Mutton's chest Tartare. — Cook a mutton's chest in a cabbage soup, which will render this more delicious, then bone the chest and let it get cold under pressing. Powder it with English mustard and recover with bread raspings. Sprinkle some oil or grease and grill on direct fire. Cut it in pieces and serve it very hot with a sauce Tartare.

The chest can also be used in epigrams, as stated for lamb.

Fried mutton's feet. — Proceed as for fried calf's head (see veal) or fried brains. This proceeding is used when there are only remnants of feet; two fryings can be obtained with a mutton's foot.

The' lamb

In spite that the lamb can be treated as mutton (with the difference it cannot be kept bleeding), there are delicious preparations, which cannot be made with the mutton; in other words, if all recipes for mutton are applicable to the lamb, special recipes for lamb are not good for mutton.

The lamb's cuttlets can receive more preparations than mutton's cuttlets.

Lamb's cuttlets Nelson. — Cook the lamb's cuttlets on one side, with butter, then stuff this side with a Soubise purée (see vegetables), recover

with bread crumb and continue the cooking in butter. Serve in crown and with a Soubise sauce, obtained in clearing with cream the remnants of purée.

Lamb's cuttlets Madelon. — Cook the cuttlets on one side and recover with a dôme of fine hash of white meat (remnants of poultry or veal) added with chopped mushrooms and mixed with a thick Bechamel. Recover with bread crumb and bake in oven sprinkling with butter. Serve in crown and accompanied with a madeira sauce.

Lamb's cuttlets "Rose Pompon." — Toss the cuttlets in butter and let get them cold, prepare a stuffing "Mousseline" and recover top of cuttlets, but all on the same side, for a correct dressing. Decorate the stuffing with a round of truffle, small pearls of well red carrots, cooked and cold, and also some small peas. Cover the cuttlets so stuffed and garnished with a buttered paper. Put them in hot oven during 8 to 10 minutes before serving. Serve in crown on a round dish and put in middle a Suprême sauce added with remnants of carrots and small peas. Recover bones of cuttlets with curl-paper and serve very hot. (See illustration, page 302.)

Lamb's cuttlets "à la Cyrano." — Grill the cuttlets or cook them in butter. Put on each an artichoke bottom, sprinkle with Suprême sauce and put on each small cuttlet a thin round of cooked goose liver. Warm in sauce and decorate with slice of truffle.

Lamb's cuttlets "à la Montmorency." — Toss in very hot butter the dressed lamb's cuttlets. Serve in crown on a round dish and put on or around the cuttlets small artichokes bottoms tossed in butter and filled with asparagus points mixed with cream. In middle of the dish, put a bush of hazel potatoes and recover the cuttlets with gravy mixed with tomatoes. In default of asparagus, some green beans can be put. (See illustration, page 291.) They can also be egg and bread-crumbed.

Lamb's cuttlets "à la Sévigné." — Cut in small dices remnants of flesh of a chicken, a handful cooked mushrooms and a slice of tongue "à l'écarlate." Add a reduced velouté, mixed with two egg yolks. Toss in butter, on one side only. Recover the tossed side of cuttlets with a couch of this mixture. Wipe then the cuttlets in beaten egg, roll them in bread raspings; colour them in oven with clarified butter. Put cuttlets in crown on a warm dish and pour in middle a garnishing of mushrooms heads and slices of truffles, all in a sauce velouté mixed with egg yolks. Recover the bones with curl-paper.

Lamb's cuttlets Marie-Louise. — Cook in butter the lamb's cuttlets which can be recovered with egg and bread crumb, if desired, or left as they are. Serve them in turban and surround them with very small croustades of short paste, filled with a very thick Soubise purée, mixed with some mushrooms. In center of crown, put a bunch of artichokes bottoms, cooked, minced and tossed in butter with fine herbs. Light madeira sauce on the cuttlets which are recovered with curl-paper.

Lamb's cuttlets "à la Maintenon." — Same proceeding as for veal cuttlets under this name.

Lamb's cuttlets "à la Villeroi." — Cook them in advance, sponge and let get them cold. Prepare a very thick sauce veloutée, mix it with egg yolks and when it is only lukewarm, recover the cuttlets with this mixture, on the two side; powder them of bread raspings and when they are very cold, egg and bread-crum and fry them with butter and oil in a pan. Serve them well glazed, accompanied with remnants of sauce mixed with milk and garnished with a vegetable. In default of velouté, a very thick Béchamel, mixed with 2 egg yolks, will be sufficient.

Lamb's cuttlets "in cuirass." — They are so named, as they are recovered with paste which forms like a cuirass. Remnants of puff-paste, half puff-paste or even croustade paste can be used. Cook the cuttlets in butter and let get them cold. Prepare a Duxelles of mushrooms — 1 1/2 oz. mushrooms per cuttlet. Let it get cold, before putting this in the paste. Spread a very thin paste, put a coffee-spoonful Duxelles near the borders, put upon a thin round of ham, then the cuttlet on ham and on the cuttlet a second round of ham which will then be recovered with Duxelles.

Recover all with paste, letting only pass the bone. Attach the paste in wetting borders and put in under the opposite side of bone. Put them on a plate-iron. Glaze the top with egg and bake in very hot oven during 20 minutes. Serve apart with a light tomato sauce and recover the bone with curl-paper. (See illustration, page 292.)

Oriental cuisine

Bitokes "à la Grecque." — Somewhat fat mutton's flesh, hashed with season of bread crum wiped in milk, salt, pepper, raw eggs, ewe cheese strained through tammy. Make small disks nearly 1/2 inch thickness, recover them with flour and cook them with oil in a pan, returning them with spatula. Recover with fresh and clear tomato sauce.

Gueveche of lamb or stew "à la Turquie." — Toss a lamb's stew with some new onions and a bunch of herbs. Drop and keep in warm. Toss then separately in oil : fresh green beans, small gourds like great olives, egg-plants cut in the same manner, gombeaux (Greek crosnes) and pimento berries in laces. Season to taste, put the lamb's sauteing in a djinjéré (special dish used in Orient); upon the dropped vegetables and also great slices of raw tomatoes. Hermetically cover, cook on moderate fire, entirely without water. This stew is agreeable and of high taste.

The meats tossed in pieces and their garnishings tossed when raw in oil give savoury mixtures. This sort of stew ought to be extended.

Skewered mutton "à la Turquie." — For this "entrée," great dice of lamb or mutton are used, cut in the saddle, leg or shoulder. Pieces are marinated in oil and milk during 1 or 2 hours, more if possible. Put the pieces in

wood or oisery skewers and alternate, after they are seasoned, with pieces of new onions, fresh tomato and bay-leaves. Grill on direct fire and at the end of cooking powder with thyme in powder. The meat, removed from skewers, is served on rice Pilaff. It is often accompanied with yaourth or eager cream.

Barons, saddles and pieces of lamb

Lamb's baron "à la Cybèle." — Under the name of "baron" the saddle and the two legs of a sucking lamb. This is in reality the half of the lamb (hind quarters). It is evident that this dish can only be made with a small lamb. The dressing is made in cutting on the top of legs somewhat thick pieces, the saddle is then removed, cut and put in place in order that this dish is entirely presented.

For 18 to 20 guests, prepare a lamb's baron. Season with salt and spices inside of baron, recover with a caul and make a careful barding. Roast, either in skewer or in oven, and sprinkle often with the obtained grease. About 20 minutes cooking are necessary for 1 lb. meat.

About half an hour before the end of cooking, pour in the pan 6 table spoonful Sauternes wine, 1 coffee-spoonful lemon juice and sprinkle with this sauce. After the lamb's baron is cut and served, on each end, put in pyramid heads of cauliflower, napped with Dutch sauce. On each side, put in alternating, artichokes bottoms garnished with Soubise purée and on which a croquette of potato Dauphine is put, small new carrots are put in bush. Garnish the lamb's feet with curl-paper and serve this dish warm, accompanied with degreased remnants of cooking, strained and poured in a sauce-pan. (See Lamb's baron, illustration, page 26.)

Lamb's baron "à la Judie." — Garnish the baron with braised lettuces, hollowed, grilled tomatoes, filled with small peas and round potatoes croquettes, somewhat small. Gravy mixed with tomato as sauce.

Nota. — When the baron is a roast, it can be garnished with vegetables of season.

Lamb's saddle "à la Grecque." — The lamb's saddle is served well cooked and garnished as for mutton's saddle. This is a good recipe for Summer. Roast or pan in cocotte a lamb's saddle and during this time prepare a rizotto with fat (see vegetables) and small gourds or cucumbers. Serve the cut saddle, in middle of the dish and put the rizotto in small dôme at each end of the dish and the stuffed small gourds on each side. As sauce: tomated and seasoned roast gravy.

The lamb's saddle can be garnished in the same way as mutton's saddle; the difference is that mutton is served bleeding and contrarily the lamb is well cooked.

This is an excellent and very fine meat, and a cold dish can be prepared as stated hereunder :

Lamb's saddle "à la Strasbourgeoise." Bone delicately the saddle, not damage the skin on the top, season the flesh and put in middle (at the place of bone) one or several pieces of raw truffled goose liver, well seasoned, and cut as a great sausage. Recover and reform the saddle, string it, recover with a piece of caul, also stringed. Put in oven in a cocotte and well toss, drop the grease, water the saddle in half with port wine and aspic jelly. Season, cover and slowly stew during about 1 hour. Put the saddle in a basin for pastry, after it has been removed from caul and string. Pour the cooking which must cover it entirely. On the following day, remove carefully the grease seized on the surface and cut in the basin for serving the saddle as it is. Very fine cold dish.

Piece of lamb "à la Marie-Louise." The piece of lamb is a leg and half of saddle until the first ribs. Simply roast it in hot oven during about 45 minutes for a sucking-lamb. Garnishing is composed of artichokes bottoms filled with Soubise purée and new potatoes with butter.

The piece of lamb is in reality the half of a "baron," cut in sense of length.

It can be garnished in several manners, as for all other pieces of meat.

Squared piece of lamb "Fermière." — The name of "carre" (squared piece) is given for side of mutton or lamb, representing the cuttlets attached together. This squared piece will be prepared by the butcher, the bones of cuttlets will be separated, the backbone will be removed. Then it is roasted: bleeding for mutton, well cooked for lamb. Garnish with carrots, turnips, green beans, small peas, potatoes, cauliflowers, either mixed or put in bunches. It can be prepared "à la Boulangère" or "à la Bretonne" or with another recipe, in taking in notice the recipe for leg under this name. Very fine and presentable for a well-treated dinner.

Sauteings of lamb. — With low pieces: shoulder, neck, top of cuttlets, chest, good sauteings or stews can be made, as for the mutton, but they are more rapidly cooked.

Sauteings of lamb with small peas. — Cut a shoulder of lamb in great dice and toss on direct fire with a good grease of roast. Powder with flour and water with stock and some tomato purée. Season with salt, pepper, garnished bunch, and add about a dozen small onions. Cook during about one hour, remove grease from sauce and add 1 3/4 pint small peas cooked apart. Peas can also be cooked with the meat, but they will be not so green. Serve as a stew.

Sauteing of lamb with rice. — Toss the lamb as above with 1 or 2 chopped onions, add then a crushed garlic, without flour and water until covered, season with salt, pepper and a bunch of herbs; cover and cook 3/4 hour. Lightly toss in butter good quality rice (1 oz. per person) and pour in the lamb. Very slowly cook during 20 minutes; rice absorbs the cooking without that sauteing is too dry.

Lamb's sauteing "à la Créole." — Lightly brown 2 chopped onions, add 2 lbs neck of shoulder of lamb, cut in pieces. Continue to toss all, powder with 2 coffee-spoonful curry in powder, a great spoonful flour, well mix and water with stock or salted water. Put a bunch of herbs and cook during one hour. Add then a pinch of rasped cocoanut and terminate the preparation. Remove the grease and serve with rice "à la Créole," but apart. (See rices.)

Blanquette of lamb. — Same proceeding as for blanquette of veal, but well season the sauce, in order to avoid the meat's unsavouriness.

The epigrams. — Under this name, somewhat original, a part of mutton or lamb is presented in an agreeable manner. It is the chest which is not agreeable for presenting in another way. It is generally very fat and contains much bones. It is only used for stew or even in a "cassoulet."

Lamb's epigrams "Saint-Germain." — Cook in a court-bouillon without vinegar, a lamb's chest during 1 1/2 to 2 hours. When it is very cooked, drop it and bone it. Let it get cold under pressing. Cut it then in great pieces, as fingers and garnish in form of heart. Egg and bread-crumbs and grill or fry them. Serve in crown with a purée of fresh peas, or split peas, according to the season. Serve at the same time a sauce Béarnaise.

Serve this very hot.

In great cuisine, epigrams are alternated with lamb's cuttlets. Garnishings and sauces are very considerably varied.

Kidneys or brains. — Kidneys or lamb's brains are prepared absolutely as for mutton. It is therefore not necessary to recall the preparation.

Lamb's pluck. — More fine and of better taste than mutton's pluck; it is treated in the same manner.

Lamb's sweetbreads. — Lamb's sweetbreads smaller than veal sweetbreads are however longer to cook and they are not prepared in the same manner. They must be whited during 6 to 8 minutes, then refreshed and cooked in a white, as for calf's head. The lamb's sweetbreads are principally used as garnishing with mushrooms, quenelles, etc., and they have a part in the garnishings Financière, Toulousaine, etc., but they are not served as veal's sweetbreads. Very good "chartreuse" or timbales are made with.

Chartreuses of lamb's sweetbreads. — Make a well seasoned panada stuffing. Garnish a mould for "Charlotte" when buttered and garnished with small sticks of alternated carrots and turnips. Further prepare a stew composed of 9 ozs mushrooms, 4 ozs truffles and 4 ozs comb and kidneys of cock, all mixed in a hard velouté; add to this stew two whited lamb's sweetbreads, braised in white and cut in dice. Garnish the Chartreuse with this cold stew and put a couch of stuffing.

Poach the timbale in bain-marie. Then demould on a dish, surround with a border of quenelles prepared with remnants of fine stuffing of poultry,

moulded in small boat moulds first buttered and decorated with truffles. In center of the Chartreuse, put a mushroom or a truffle and serve warm. Serve at the same time in a sauce-pan remnants of sauce veloutée (see Partridges Chartreuse, page 395).

Russian paschal lamb. — The entire lamb is served, stuffed with pork and veal (as for the galantine) in which heart, liver, and lungs are mixed, cut as collops. Cut head and lamb's feet, cover it with a serviette in a good couch of jelly, as for galantine, with head and feet around. When cold, get it from the cloth and serve, adding the head and feet for representing the laying lamb. Glaze with jelly and put on the Easter table with a special cheese, a small lamb made in butter, coloured eggs, etc.

Jewish paschal lamb. — Hash the liver and heart which will be cooked with 2 lbs rice and stock. Toss in oil two great and sweet chopped onions, garlic and fine herbs. Mix all with rice and stuff the lamb which will be sewed. Roast in oven during 1 1/2 hour. Serve with a tomated cullis.

The arabian "Mechoi." — The lamb is skewered from end to end with a sharp perch and roasted upon an hole in which a good wooden fire is made, in order that the braises are at 2 feet from the animal. It is turned and often recovered with melted butter.

When it is well cooked, it is put on the table and everyone keeps with the fingers the desired piece.

The pork

All is good in the pork, from snout to end of tail and the art of pork-butcher, actually in its apogee, presents us in several and agreeable manners the friend of Saint Antoine.

Pork cuttlets "à la Charentaise." — Cook the cuttlets with some lard in a pan, remove them, put one or two chopped shallots in the pan, toss a moment on fire and pour half a glassful vinegar. Reduce nearby the entire vinegar and add then half-glaze sauce and some thin slices of gherkins. Season and pour on cuttlets.

Cuttlets, sauce Robert. — Proceed as above and sprinkle on the cuttlets a sauce Robert, sort of sauce piquante (see sauces).

Cuttlets "à la Normande." — Cook as above, then drop the grease and deglaze the dish with 1/2 pt. sweet cream and lemon juice. Pour this sauce on cuttlets and garnish with a marmelade of sweet apples, without sugar.

Cuttlets "à la Bruxelloise." — Egg and bread-crumbs and cook them in same way. Garnish with Brussels sprouts, tossed in butter.

Pork cuttlets with curl-paper. — Same proceeding as for veal cuttlets, under this name.

Pork cuttlets "à l'Italienne." — Garnish the pork cuttlets with noodles and sauce them with Italian saucc.

Pork cuttlets "Piémontaises." — Garnish with a tomated rizotto and sprinkle some roast gravy, also tomated. Small fillets of pork can be prepared in this way, they are cooked in butter or egg and bread-crumbed and they are garnished as cuttlets.

Pork brains. — Pork brains are prepared as brains of calf or mutton.

Pork kidneys. — Prepared as kidneys of other animals.

Pork fillet or squared roast, garnished. — The fillet or squared piece of pork is treated by roasting; the cooking must be entire, the bleeding pork is prejudicial to the health. It can be garnished with all sorts of vegetables, fresh or dry, such as : potatoes under different forms, beans, lentils, split peas, haricot beans, noodles, macaroni, rice, cabbage, choucroute, celeriac, etc... It is accompanied with roast gravy, or either with a light brown sauce.

Pork's liver. — The pork's liver is very tender and delicious and is treated as calf's liver.

Stew of fresh pork. — Treat the pork stew, exactly as stated for a navarin or mutton's beans. Well remove the grease before serving.

Gayettes of pork. — Grossly hash 1 lb. fresh pork, 7 ozs pork's liver and 14 ozs fresh fat bacon, add some fine herbs, salt and 4 spices. Separate this stuffing in parts of each 3 1/2 ozs and recover them in a pork caul. Put them in an earthenware dish, add a bay-leaf, half a glassful water and bake 3/4 hour in hot oven. When served warm, they are accompanied with a purée or a vegetable, but they are more appreciated when cold.

Sausages with white wine. — Take long sausages, pick them copiously with a needle and put them in a roasting dish. Sprinkle with half a glassful white wine, put them in a very hot oven during about 10 minutes. Drop then the white wine, remove the grease and add it to a half-glaze sauce. Sprinkle the sausages with this sauce; they can be garnished facultatively with a purée of vegetables, served on bread croûtons, fried in butter.

Grilled sausages with cabbage. — Pick the sausages, water them and put them in a red oven. When they are well tossed, serve on cabbages tossed in sausage grease.

Small caul (Crépinettes) Parmentier. — Cook the crépinettes in a pan and serve with a purée of potatoes, recover with a light half-glaze sauce.

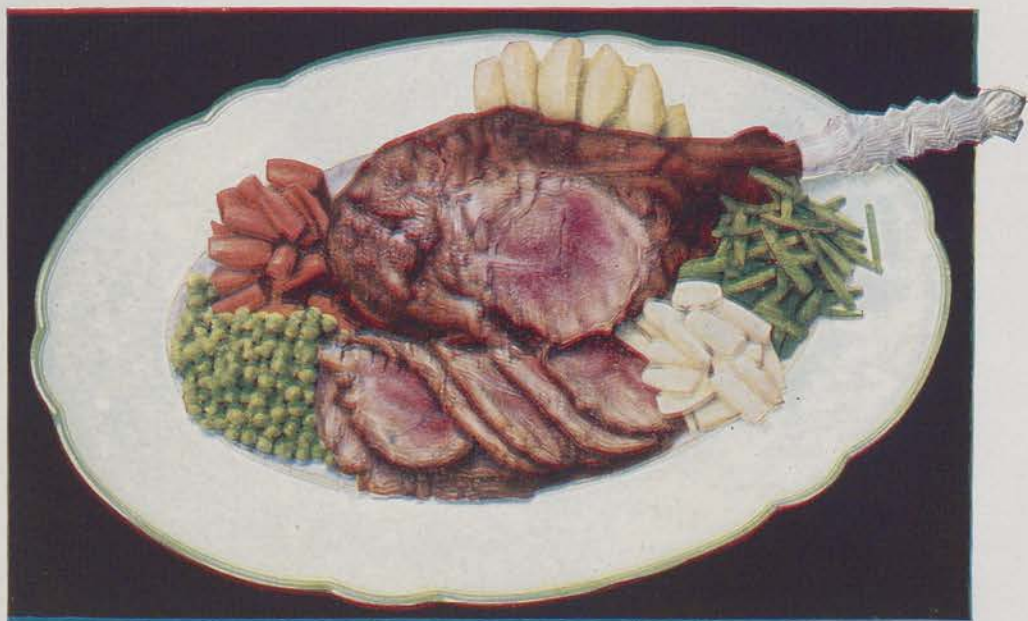


Fig. 214. — Leg of pré-salé "à l'Anglaise" (see page 283).

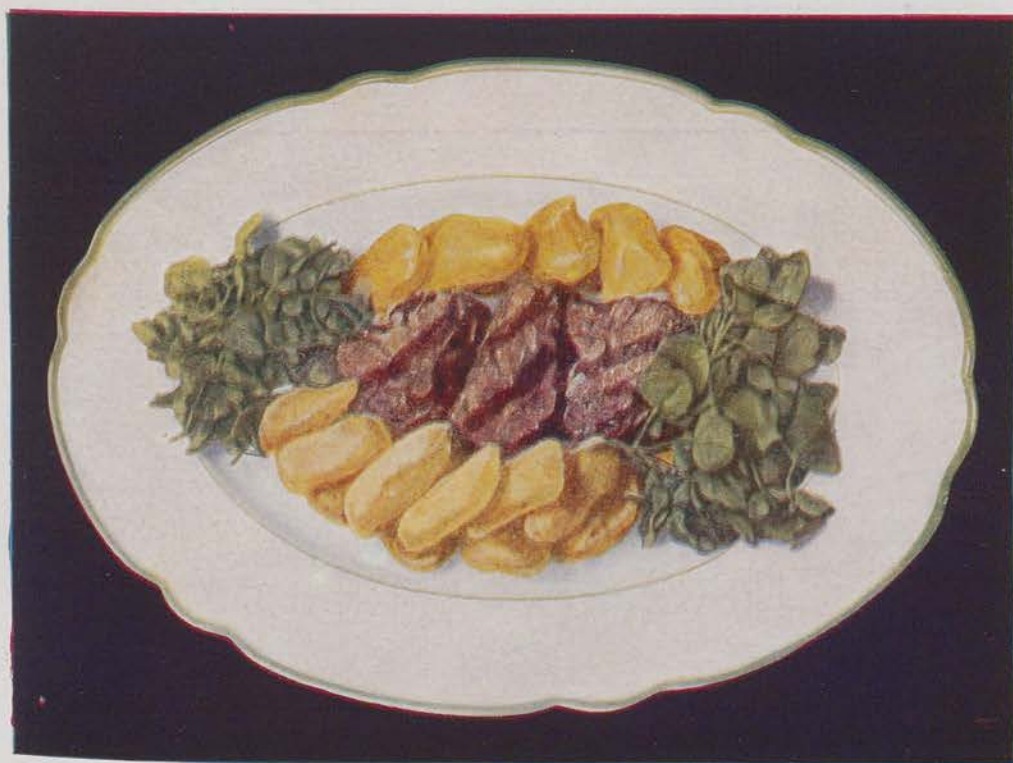


Fig. 215. — Grilled mutton chop's, garnished with puffed potatoes (see page 278).



Fig. 216. — Lamb cutlets "à la Rose Pompon" (see page 294).



Fig. 217. — Glazed ham "bords du Rhin" or "à la Mimosa" (see page 312).



Fig. 218. — Mutton kidneys "à la Turbigo" (see page 287).



Fig. 219. — Skewered mutton kidneys (see page 286).

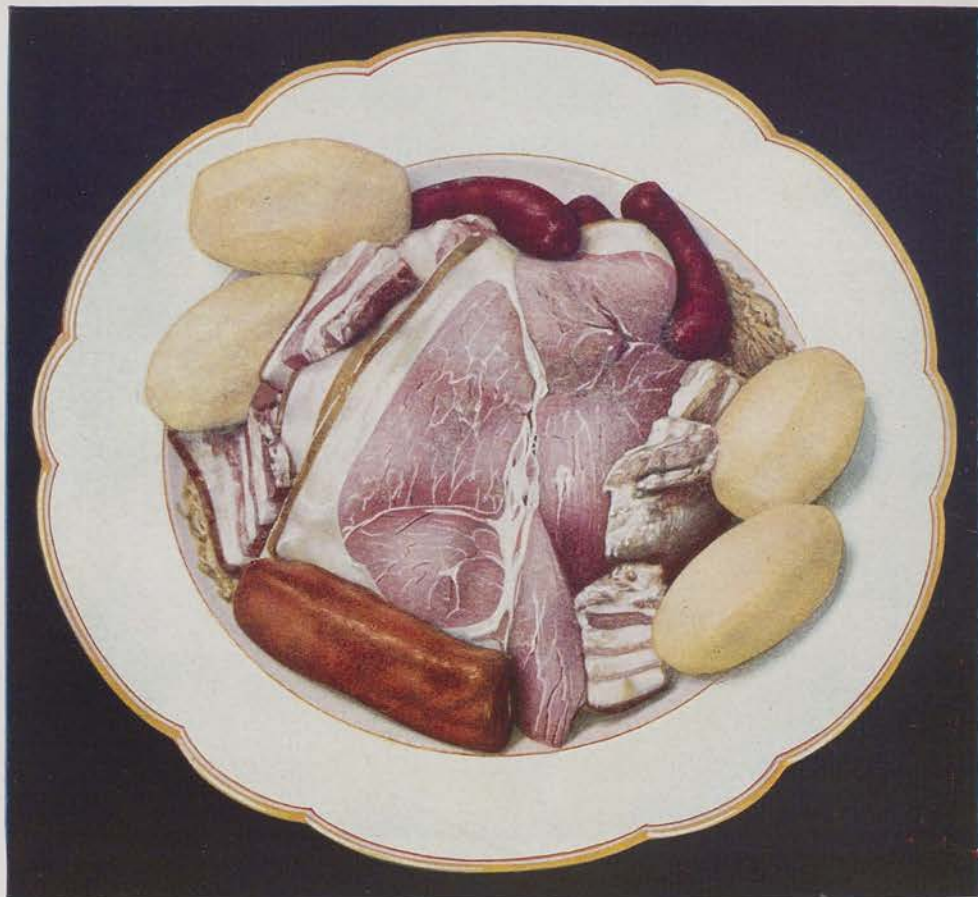


Fig. 220. — Choucroute with ham (see page 447).



Fig. 221. — Ham in croûte with champagne (see page 309).

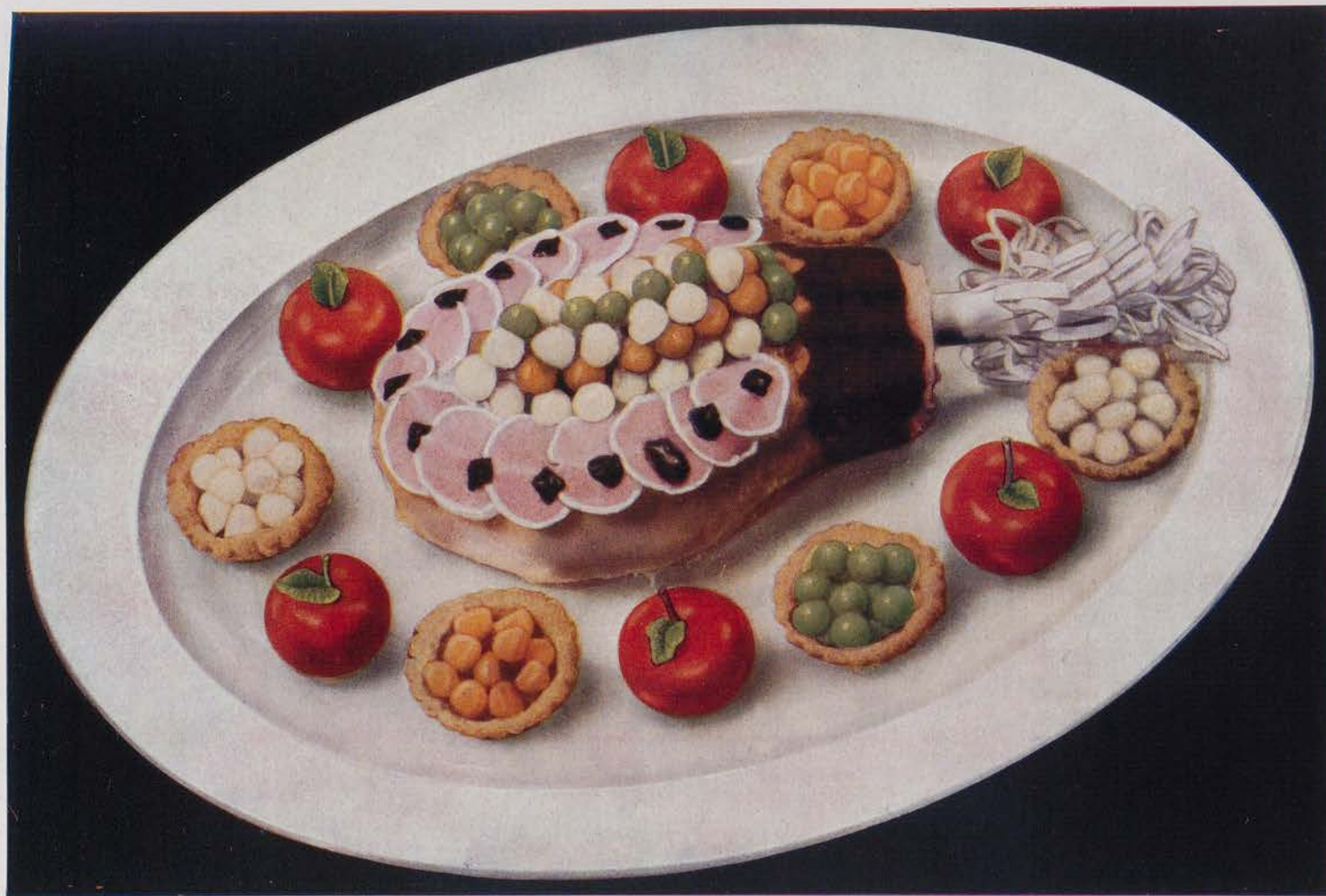


Fig. 222. — Glazed ham "à la Monselet" also called "à la Joconde" (see page 312).



Fig. 223. — Medaillon of York ham "à la Polignac" (see page 313).
 Fig. 224. — Ham foam "à la Hongroise" (see page 313).

Pork feet "à la Sainte-Menehould." — Sprinkle some oil and fry, grill or bake them in a very hot oven. They can be served as they are or accompanied with a vegetables purée (peas, potatoes, chestnuts, etc...).

Truffles feet "Cendrillon." — Slowly cook them in a pan or in warm oven and sprinkle with some sauce Périgueux. Apart a vegetables purée.

Grilled small chitterlings or black sausage. — Cut the small chitterlings or black sausage on the two sides before grilling or cooking them in a pan. This method avoids that the skin shivers.

Rillettes (Minced pork). — Nothing is easier than to make rillettes which can be preserved for a long time and are a precious resource for the housewife. The rillettes of Tours or Mans are more reputed. (See recipe of rillettes in chapter of cold hors-d'œuvre.)

Square of pork. — It is all or parts of cuttlets, unseparated one from the other. The backbone is removed in order to be easily cut when cooked. The square is roasted as a fillet and is garnished with different vegetables. Pork must always be very cooked, unless it would be unhealthy if bleeding. It must be noted that cold pork is more esteemed and more digestible than warm pork.

Black sausage

Preparation of black sausage (boudin) is made by the porkbutcher. However we think it good to give recipes of its preparation.

It is necessary to have the blood of the killed pork, stirring it during it flows.

It must be kept in a warm place in order to avoid its coagulation. Then take about 1 1/4 lb. fat per 2 1/2 pints blood, 5 ozs onions, hashed and browned slowly in butter. Also hash the fat. Clean fine herbs, chives, thyme, add powder of bay-leaf, salt and pepper and mix all with the blood, after having ascertain that there is no fibrous membrane. The pork guts are prepared with care, returning and crushing them. String the end of gut and fill with blood with a special funnel of which the end must be large to put the gut. It must be ascertained whether the gut is not cut.

Gradually as blood comes in the gut, small pieces of fat cut as lardoons, not so great, are introduced in the sausage. When gut is filled, string the end, plunge the black sausage in a great marmite of lukewarm water, with a screen under the sausage in order to easily remove it. Bring water to ebullition, but without boiling (water must have a few simmerings during 1/4 hour). Pick the black sausage with a pin; if blood does not come the black sausage is then cooked. Remove it with care and when it is cold, cut it then in pieces about 4 inches, to be grilled.

Black sausage with reinette apples. — Clean and mince Reinette apples. Melt them slowly in butter, then grill or toss the black sausage and serve it on the apples.

White sausage. — Very finely hash 7 ozs meagre pork's fillet or poultry flesh with 9 ozs fat or fresh fat bacon. Wip 3 ozs old bread crumb with about 2 tea cupful cold milk, crumble the bread and mix all with the hash, with salt, pepper, spices, nutmeg and facultatively with chopped truffle. Do not let explode the skin, when grilling. Pick all around the sausage with a needle.

Roasted sucking pig. — Before talking of the ham, which constitute the most interesting part of pork, we will mention the delicious sucking pig, which is prepared in entire roasted or even stuffed.

Cooking wants a regular good oven, not too hot, in order that outside is well glazed and inside well cooked, which needs about 1 1/2 to 2 hours, according to size of the animal. Put on a plate-iron for roasting and sprinkle often during its cooking. It is served with roast gravy and the cutting is made in the kitchen, after having been presented in entire. Pieces are cut with a great knife, bones included. But it must be presented before, as it cannot be reconstituted as a chicken.

Stuffed sucking pig. — It can be stuffed with veal or pork, mixed with the chopped liver, bread crumb and very seasoned with all known herbs. Introduce this stuffing in the abdomen, sew it and cook the pig 1 hour more. It can also be stuffed with sausages, black sausage, small pigeons which would have been cooked in advance. It can be accompanied with Reinette apples.

A light brown sauce added with an apple marmelade, without sugar, can be served. This is a German method.

Only open the sucking pig, on the table, in presence of guests.

The ham

We cannot explain here, entirely, the method for proceeding to the salting and smoking of hams; it would be to go too far and this would not interest the readers. We will only mention the different sorts of ham.

The best known is the very good York ham, very great for use of home.

France also possesses hams of Bayonne or Reims and the also good small hams of Paris.

But according to our ideas, the most practicable and economical for use of home are the Prague hams. They are not too salted, not too fat. Some can be found of 5 to 6 pounds. Small are as fine as the great. It is not necessary to wipe them. They must only be washed and brushed before cooking, for serving them warm "in entrée," in croust or in roast.

Cooking of ham (ham with Madeira). — The ham (wiped 24 hours in cold water, if necessary) must be cooked in a great quantity of cold water. Saw the end of the bone, for removing it easily. On first simmering, remove from side of fire, in order that water remains boiling, but not exceed a light simmering during 20 minutes per pound.

When ham is served in jelly, let it get half cold in the cooking, apart from fire, drop it and terminate to have it cold apart from water.

If ham is to be served warm, drop it, clean the skin and a part of its grease, braise it with wine. Put it in a roast dish, sprinkle with 1/2 pint madeira, white wine or champagne, lightly powder with sugar, roast 3/4 hour in oven, sprinkling very often. It must be glazed as a real roast. Wine is then degreased and added with a half-glaze sauce.

The ham, presented warm, can be accompanied with various garnishings, either spinage, small peas, jardinière, mushrooms, truffles, etc.

Ham in croûte with champagne. — Cook ham as above and braise it in champagne, let it get cold. Cut it on the top in thin slices. Put them in their place for reforming the ham. Then recover with some pastry paste (see pastes). Cook the ham in croûte in hot oven, pay it well attention and this during one hour. For serving, detach with a knife, the top of croûte (which forms the cover) and this in order to have the cut part of ham. Sprinkle with a light half-glaze sauce in which some champagne used for braising, is added. Serve at the same time a sauce-pan of same sauce, degreased and in which truffles and mushrooms are mixed. (See illustration, page 304.)

Ham "à la Marguerite." — The cooked ham, being braised as stated above, with port-wine, cut it and surround with a garnishing constituted with 1/2 lb. Duchesse potatoes with full eggs and 2 lbs prepared spinages mash mixed with a somewhat thick Béchamel. Warm and see this mash.

When it boils, remove it from fire and mix it with 2 egg-yolks. Butter and bread-crumbs 12 babas moulds and garnish them in third of their height with potatoes which must be somewhat soft. Put upon some spinage mash and terminate in filling the moulds with potatoes. Poach the moulds in bain-marie 12 minutes in a very hot oven. Put the cut and sauced ham in middle of the dish and decorate with the demoulded small timbales. Serve apart the remnants of sauce. Timbales can be garnished in half. (See illustration, page 291.)

Ham "à la Saint-Germain." — This dish can be executed with warmed slices. The garnishing is composed of peas purée, cooked "à l'étuvée," with 2 lettuces, 1 leek, 1 onion, 1 carrot, butter, salt, sugar and a bunch chervil. All strained through tammy and served in timbale with madeira sauce.

Warm ham "à la Strasbourgeoise." — Prepare and braise in advance 2 lbs choucroute, accompanied with fat of ham, which has been removed after its cooking. Serve the choucroute on a long dish, in dôme, put upon the slices of ham only warmed by heat of choucroute and garnish with Strasbourg sausages and potatoes "à l'Anglaise."

Ham "à la Viroflay." — Cook 2 lbs. spinage, strain through tammy, dry them in broiling butter, then lightly mix with Béchamel. Then, apart from fire, add 4 egg-yolks. Poach these spinages in buttered babas moulds, in bain-

marie and in oven. Serve slices of ham on a warm dish, recover with madeira sauce and remove from moulds around with small breads of spinage. Serve warm. Spinage with cream can be served.

Ham "à la Porte Maillot." — If ham is served ly entire it will be cooked as stated above. The garnishing Maillot is only a sort of jardinière, composed of carrots, turnips and potatoes; these vegetables made in balls as hazels with the root-spoon, then cooked separately in water and tossed in butter. Put them in bunches around the ham and add green beans, tossed in butter. Recover the ham with madeira sauce which will be also served apart in a saucepan.

Medallions of ham "à la Piémontaise." — Cut slices of ham, joined per two with a couch of quenelles stuffing between them. Poach 8 minutes in oven with madeira or white wine.

Butifara "à la Catalane " (Spanish pork dressing). — Hash 2 lbs larded pork meat. Mix with a glassful white wine, salt pepper, cinnamon, powder of cloves. When mixture is perfect fill a gut (see black sausage). When 4 or 5 inches are filled, it is stringed, and this form a chaplet, which is suspended in a cool place during 2 days. Cook one hour in basin full of cold water, lightly salted.

Let them get cold, when they are suspended.

In Spain, they are eaten cold as hors-d'œuvre and can only preserved a few days, principally in Summer.

The Chorizos (Spanish sausages). — Grossly hash 2 lbs pork, $\frac{3}{4}$ meagre and $\frac{1}{4}$ fat, season with $\frac{2}{3}$ oz. salt, $\frac{2}{3}$ oz. sweet pimento and $\frac{1}{8}$ oz. strong pimento, in powder or finely hashed and well mix the all.

Keep in a cool place during 48 hours and fill pork guts with small pieces about 2 $\frac{1}{2}$ ozs. Let get them dry during 2 days and lightly smoke them. They are eaten raw, in slices as hors-d'œuvre or even as warm garnishing for dishes of the country, such as : Olla Podrida, Puchero, Chickens Valenciennes, etc...

Cold pork

It is principally the ham which constitutes the most fine piece of cold pork dressing. It is only necessary to enter in a Pork-butcher's shop to see preparations of pork : galantines, pastries of all natures, head cheese, etc..., etc..., which are agreeable to our gormandism.

The Italy cheese (called liver pastry). — In winter a pot can be made, which will be kept for several days. Proportions : 1 $\frac{1}{2}$ lb. pork liver, 1 lb. fat and 2 lbs fresh fat bacon (unsalted). Cut all in great dice and strain all twice in the mechanical hash. Then strain all through fine tammy; season with salt, pepper spices, nutmeg, 3 ozs chopped onions and shallot, melted in butter. The obtained stuffing must be very fine.

Mix to this a handful flour and 3 full eggs. Garnish the pastry pot or round mould with a piece of pork's caul. Fill with stuffing and put upon the caul. Cover and slowly cook in bain-marie during 1 1/4 to 1 1/2 hour.

Cooking will be obtained when picking with a needle in the middle, it would come warm. Let it get cold and remove then from mould. Do not take the caul, only when eating. It protects the outside.

Cheese of pork's head. — Put in salted water half a pork's head, until it is very cooked. Season cooking with some vegetables and grains of pepper. Bone entirely the head and grossly hash the flesh in which will be mixed : fine herbs, chopped onions, salt, pepper, crushed garlic and also some spoonfuls of cooking. Put all in a pot and remove from mould when it is well cold. It is kept in jelly, for a few days.

Glazed ham "à la Cambacérés." — On a cooked and cold ham, remove the rinds and a great part of fat. Some rinds can be kept at the end of bone, cutting it in indentations for an agreeable presentation. Clean the ham, lightly keeping the croûte of smoked flesh; remove also the bone and cut a slice on the round part in order to be well on the dish. Then cut the top in thin slices with a long and fine knife until it arrives near the middle bone. Put slices on a dish, take them again in the same order for reconstituting the ham and putting between each slice a thin couch of buttered goose liver and a slice of truffle.

When the ham is well formed, put with the palet a couch of goose liver, well smoothed. Decorate with truffles, white of hard-boiled egg, egg yolk, tomato, tarragon, etc... Nap all with a good jelly with madeira and serve the meat on a silver dish with chopped jelly and surround with croûtons.

Glazed ham "à la Marie-Anne." — Cut as stated above, all the upper part of the ham in very thin slices and clean these slices, in regularizing them with the punching-press, oval in preference. Then with remnants of ham and some slices and remnants, make a ham foam mixed with same quantity of goose liver.

After the remnant of ham is well prepared, glaze it with half-seized jelly, serve it on a long dish, then in middle put the ham foam and goose liver which will be served in a round dôme and recovered with small ham medallions, overlapping one on the other. Nap with jelly and decorate with slices of truffles, then after having well dressed the ham put on the top, in middle, a lace of ham foam. Terminate garnishing of dish with chopped jelly and jelly croûtons.

Glazed ham with jelly. — Cut ham, not stuffed. Put the slices upon, not for reforming it, but lightly put, overlapping one on the other, upon the ham which forms a socle. It is not so bad that slices are somewhat without their borders and that they are hanging, on each side. Copiously nap with clear half-seized jelly, decorate the top with a nice branch of whited tarragon leaves or when it is not the season with truffle and serve with chopped jelly and croûtons. Cold hams are generally accompanied with a garnishing salad.

Ham "à l'Andalouse," garnished with filleted eggs. — The ham is served cut and reformed with a decoration of truffles and jelly. The original garnishing is composed with small cressets of filleted eggs (see filleted eggs). The cressets can be made either with short paste, or in fried croustades. This last form is more convenient. (See *Delices of Manon.*) (Delights.)

Ham "à la Rothschild." — For 6 or 7 persons, an entire ham can be served. Take 8 or 10 slices of York ham, not too large, cover them with a buttered mash of goose liver and make them overlapping one on the other, on a long dish, putting two slices of truffles on each; then entirely recover with a good jelly with Port-wine. Pour on the ham when it is nearly seized. Let it get cold and serve as it is.

Ham "à la Mimosa" (called also ham of Rhine Boards). — This is a presentation of ham under a different form and which is well admired by the guest. Cut the top of ham in very thin slices and dress them giving form of triangle, basis about 3 inches. Wipe 15 to 18 slices (according to number of guests) in half-seized jelly, then roll with fingers in form of cornets and introduce in small cornet moulds in white iron, cut the part coming out of mould borders. Fill the hollow of ham cornets with forcing-bag and fancy pipe, with a truffled and buttered goose liver, and on which put a slice of truffle; they are recovered with a light couch of jelly.

Keep them on crushed ice, upright in a box.

When these cornets are well firm, remove them from moulds and dress them in crown around the ham on a socle, keeping the points of cornets turned in center of ham.

In the middle, serve a vegetables salad, composed of carrots, turnips, peas, green beans, asparagus points and artichokes bottoms, (ones and the others separately cooked, all mixed with a mayonnaise pasted with three sheets of gelatin. Serve this salad in *dôme* which must recover the cornet points. Then colour on all with half-seized jelly and decorate the top with salad of truffles, parsley, hardboiled white and egg yolks, all separately hashed and put in ranges, having each a well separated tint. Surround basis of salad with a range of truffles slices (facultative), then decorate with the forcing-bag the hollow of each cornet one hour before serving. Put in an ice-box, this dish can be prepared the day before the dinner (see page 21, cutting of ham, page 22, preparations of cornets; dressed ham, illustration, page 30.)

Glazed ham "à la Monselet." — This dish is the counterpart of the ham "à la Mimosa," instead to be garnished with cornets, it is garnished with medallions. Cut the top of ham, when cold, in thin slices which are then cut with the punching-press. Join two rounds of same thickness, garnish between them of a buttered goose liver, nap with jelly and decorate with truffle, then put upon the ham a small *dôme* of varied vegetables, mixed with a thick mayonnaise. All around this salad, put upright and overlapping one on the other ham medallions with goose liver. Surround the dish with chopped jelly and *croûtons* of jelly. Put with the forcing-bag a thin lace of truffled

jelly, all around the medallions. Garnish with tomatoes "en surprise" and croustades of vegetables salad. Serve well glazed. Tomatoes can be moulded in peach moulds (white iron). This is also called "à la Joconde." (See illustration, page 305.)

Ham "à l'Alsacienne." — Slices of ham, between them collops of goose liver garnished with truffles. Serve all in a mould garnished with aspic jelly. Remove from mould, decorate with truffles and croûte with jelly.

Cornets of ham "à la Lucullus." — Prepare cornets, as stated for ham "Mimosa." Garnish them with forcing-bag, with a buttered goose liver mash.

During that cornets get cold, prepare a russian salad (pasted with 4 or 5 sheets of gelatin) which will be poured in a mould "à manqué" and seized on ice. Remove from mould when firm. On the vegetables salad, forming a socle put the demoulded cornets. Glaze with half-seized jelly, surround with chopped jelly and garnish borders of dish with nice croûtons of jelly. This dish is very advantageous, 8 or 10 slices of York ham are sufficient for 6 persons. (See illustration, page 363.)

Medallions of ham "à la Polignac." — These medallions only need a small number of York slices. Proceed as stated for the ham "à la Monselet," in these slices, cut with the round punching press small rounds and join them with a buttered goose liver mash, nap with jelly, put a slice of truffle in center and serve around a russian salad. Garnish with jelly. (See illustration, page 306).

Medallions of ham "à la Hongroise." — Prepare small rounds of York ham, cut in thin slices. 2 rounds are necessary for making a medallion. With remnants of medallions and also 5 ozs meagre ham, make a foam. For this, crush the ham with 4 ozs butter, add some spoonful cold Béchamel, half a coffee-cupful thick cream, a pinch paprika and some drops carmine. Strain this foam through fine tammy, put a good couch between the 2 rounds of ham. Nap these with half-seized jelly, decorate with truffle and nap again with jelly. With remnants of ham foam, fill a small timbale mould, garnished with jelly, decorated with truffles and let it seize on ice. Remove then from mould in middle of a round dish surround with chopped jelly and in this jelly serve the medallions, overlapping one on the other.

Ham foam in draught-board. — Crush 2 lbs meagre York ham, add little by little 1/2 pint Aurora chaudfroid, then 1/2 lb. fresh thick cream. Garnish with brown jelly with madeira a square, flat and smooth mould. Decorate in form of draught-board with small squares of truffles and hard-boiled white eggs. Decorate around with croissants of white eggs. Fill then the mould with ham foam, rendered liquid with some melted jelly, recover the foam with jelly and let it seize on ice. Remove from mould and garnish around with chopped jelly or small croustades filled with any vegetables salad. Put on borders of the dish, nice croûtons of jelly and keep in a cool place before the time of serving. Decoration being minutious is to be prepared in advance.

Hungary ham foam. — When the whole ham is used, it happens that remnants are not presentable in slices; in this case a warm ham bread or a cold foam would be made; the latter will be more appreciated in Summer as being more agreeable and fresh than a goose liver foam. Clean first the ham of all fat and nerves, hash it and crush it with 4 ozs fine butter for 1 lb. crushed ham, 4 ozs thick cream, 2 spoonful tomato mash, some carmine and 2 tea-cupful thick and cold Béchamel, not salted. Season with Hungary red pepper, then strain this foam through great tammy and fill a Charlotte mould, garnished with some port-wine jelly and decorate with truffles and white of hard-boiled eggs. Continue to fill the mould with jelly and put it in ice during about 1 hour. Remove from mould on a round dish and surround with chopped jelly and jelly croûtons. (See illustration, page 306.)

Nota. — These foams can also be made in small moulds, served around a salad or a cold poultry.

These few examples given for the ham foam, demonstrate what sort of rich dishes can be made with remnants of ham.

THE CUTTING

A great number of housewives — preparing well all which concerns the cuisine — are sometimes annoyed for presenting the dishes and also for cutting different pieces of meat or poultry.

It is beyond doubt that any indication, as exact as possible can replace the „sleight of hand,” nor the verbal lesson accompanied with a practice demonstration. The ideal lesson is when we see the method for proceeding to cutting. This being not possible, we have made some illustrations which, we hope, will be of the greatest use for the readers.

The beef fillet is cut as it is presented, in somewhat thin slices.

The mutton leg is obliquely cut. Taking the bone with the left hand, the meat of “sous-noix” is detailed, then the „noix,” not cutting the slices towards oneself, but in the opposite side, i. e. contrary to the ham cutting, as made by the pork-butchers. (See illustration, page 24.)

The roe-buck leg, on contrary, is cut with knife kept on face, as for ham. (See illustration, page 26).

The saddle is the most difficult piece for cutting. Separate the two sides on top of the saddle, then cut the meagre in thin laces, in sense of their length and reconstitute it without cutting the sides rolled above and which are named the “panouffles.” (See illustration, page 25.)

The roe-buck saddle. — Is separated in the same manner, but instead of cutting it in length, it is cut obliquely in thin slices, the knife being kept in oblique.

The beef ribs, roasted in great piece is first cleaned, then cut in thin slices, in all their large sense. A long, thin and well sharp knife is necessary.

The veal and pork have nothing special for the cutting.

The roasted poultry is cut as shown on pictures pages 32, 33. The wings, legs, carcass and chest netly cut will reconstitute in whole the poultry. (See illustration in colours, page 319.)

The fat pullet, turkey hen are cut making several slices in chest and legs. (See illustrations, pages 34, 35, 36.)

The ducks and geese. — Are cut on the chest in „aiguillettes,” i. e. in long fillets, the legs are separated in two parts. (See page 34.)

The pheasants are cut as fat pullet, the **partridges** in two, three or four pieces, according to their size.



POULTRY

The poultry entrées

The word „poultry” means all chickens or fat pullets, but also in a general sense the géese, turkey hens, ducks, pigeons, Guinea-fowls are put in the same category.

Their method for cooking is as follows : poached, panned, braised, grilled, fried or sautéed, leaving the roasts which have a special chapter.

In the following pages, we will show the method for treating the meats following their different names. It is not necessary to recall this here, except to say that poaching of poultry consists in watering them entirely with „fond blanc” or stock, and cook them without ebullition.

Cutting a chicken

Cutting of a raw chicken, to be tossed. — When the chicken is singed and cleaned (removing the small cannons of feathers), empty it in cutting the neck skin, on back side, take the inside neck, keep the bag of grains, simply detach it, then empty the chicken on the opposite side, and not by an opening on leg's side. Remove all inside organs, then separate the two legs, then the two wings, keeping for each a piece of chest. A chicken of 2 lbs and more must leave, apart from the wings, a good piece of white in middle of the chest adherent to the carcass; separate with the knife the chest from the carcass. We will have then 5 pieces plus the carcass, the neck and small wings. According to size of chicken, the chest is then separated in two parts and also the legs. When it is a „corn-fed chicken,” the pieces are left entire. Clean the carcass, taking the small lateral bones and also separate it in two parts (see fig. 23, 24 and following). If pieces are to be tossed, they must be first recovered with flour.

Cutting of cooked chicken. — Proceed in the same way as for raw chicken. A corn-fed chicken is cut in 4 pieces, whereas a bigger chicken gives 3 or

4 pieces of white on the chest, after having separated the 2 wings and the 2 legs.

For the fat pullets, after having cut the two wings, make slices in the chest, in sense of length. The legs are cut in three or four parts.

According to the case, the chickens cut when cooked are reconstituted and presented under their natural form, putting the pieces on the carcass, cleaned and returned upside down. (See illustration, page 319.)

Note. — When poultry is cooked, it must lay in moderate heat $1/4$ hour before proceeding to their cutting, in order to have the sinking of meat enlarged by the cooking.

The fowl

In general, a fowl when hard, can only be used for making a stock, a poultry jelly, etc... When it is not too hard, it can be prepared with rice.

Fowl with rice, Supreme sauce. — Clean, singe, empty, and truss the fowl. White it in water during 3 or 4 minutes. Refresh it and put it in a casserole with one onion, one carrot, two leeks, salt, pepper in grains, clove and a bunch of herbs. Largely bathe with stock and entirely but slowly cook all. Make a sauce *Suprême* with part of degreased cooking. Further toss in butter during 2 or 3 minutes 7 ozs rice, water with $1\ 3/4$ pt. poultry cooking. Cook during 20 minutes. Serve on a round dish and put upon the cooked poultry. Nap with sauce *Suprême* and serve apart remnants of sauce.

Fricassée of chicken. — Cut the chicken in pieces and toss them in butter to be yellow, but without colouring. Powder with flour, stir a moment and water until covered. Add small onions, a carrot cut in four pieces, a bunch of herbs, salt and pepper. Slowly cook 40 minutes, mix the sauce apart from fire with 2 egg yolks mixed with some cream (without boiling). Add $1/2$ lb. cooked mushrooms. Serve in a hollow dish with fried bread croûtons and chopped parsley.

Chicken with tarragon "White." — Poach a queen chicken or a fat pullet in $1\ 3/4$ pint good white stock, add a good bunch of tarragon, then make a sauce *Suprême* with the cooking and add a good pinch of chopped tarragon. Clean the poultry, nap it with sauce and decorate with tarragon leaves, whited in boiling water. (See illustration, page 319.)

Chicken with tarragon "Brown." — Toss the chicken in butter in a casserole, water it with $7/8$ pint good half-glaze sauce, very liquid, add a bunch tarragon and cook in a covered casserole. Degrease and strain the sauce which is added with chopped tarragon. Nap the chicken, without decoration.

Chicken "à la Stanley." — Mince $1/2$ lb. big onions, white them from 6 to 8 minutes, drop them and toss them in butter. Put upon a chicken cut when raw, season with salt and pepper, then pour upon $7/8$ pint double cream, cover the pan and slowly cook all during 20 minutes.



Fig. 225. — Cut and reconstituted roast chicken (see cutting page 317).

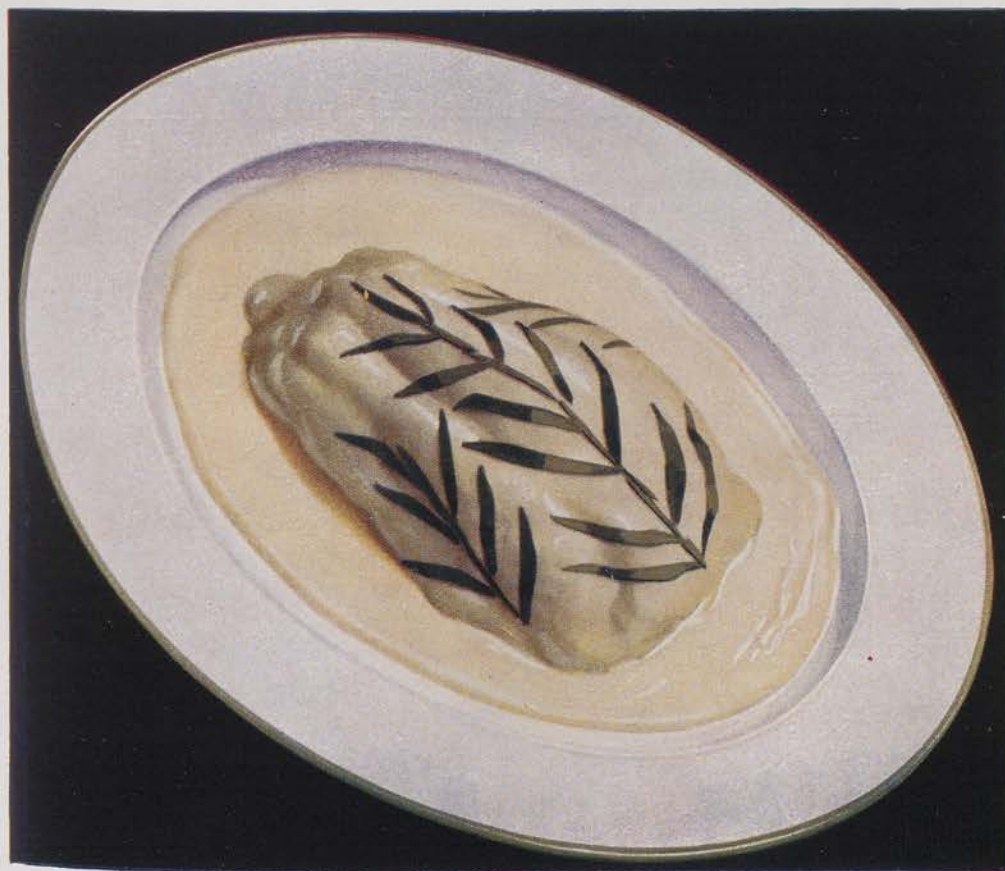


Fig. 226. — Chicken "au blanc" with tarragon (see page 318).



Fig. 227. — Chicken "à la Marengo" (see page 324).



Fig. 228. — Tossed chicken "à la Parmentier" (see page 323).

Then remove the pieces of chicken which are reserved in a casserole in a warm place, then add to the onions a tea-cupful creamy Béchamel sauce and a spoonful tomato mash, strain all through very fine tammy and give some simmerings. The sauce must be lightly rosy and creamy, without being too thick. Add some curry, paprika and lemon juice. Put in the sauce the pieces of chicken and also some slices of truffles and mushrooms. Stew all during 10 minutes, then serve in a hollow dish : chicken and sauce. Surround with small "fleurons" of puff-paste, cut as croissants.

Chicken "à l'Infante." — Poach the chicken in stock, then with a part of latter, make a well mixed sauce Suprême, to which add some spring vegetables and turnips, small peas and small dice of truffles. Vegetables are cooked separately in water. Further, toss some rice in stock and add a pinch of cheese. Cut the chicken, nap it with sauce and vegetables and put around a rizotto, moulded in small babas moulds.

Chicken "à l'Andalouse." — Cut the raw chicken, flour and season the pieces and toss them in butter, without colouring, recover them with 1/2 lb. thick cream, add a sweet pimento, cut in fillets. Cover and cook during 20 to 25 minutes.

Prepare a rizotto and toss in butter 5 ozs rice Caroline wet with 7/8 pint stock, add also the Pimento Julienne and of truffles and cook 17 to 18 minutes. Serve pieces of chicken on a round dish, reduce the cream and recover them. Surround with small bunches of rizotto and filleted eggs. (See Eggs chapter.)

Serve very warm, except filleted eggs.

Chicken "au blanc." — The chicken must be cooked in whole or cut. Put in a casserole one onion picked with clove, a carrot cut in four pieces, 1 leek, a "bouquet garni," salt, pepper in grains and wet with water or stock. Put only the necessary quantity in order that this more concentrated stock gives the best sauce. Cook 25 to 30 minutes and make then a white sauce with degreased and strained cooking. Mix this sauce with 2 egg yolks and some cream, put the cut chicken with mushrooms, cooked apart, and let it simmer. It is only a blanquette.

Chicken "à l'Ivoire." — Can be made with a fat pullet. Cook the poultry as above, but with stock and not water (for a chicken : 7/8 pint is sufficient). Well covered even if not bathed, it will well poach. Prepare 7/8 pint very little seasoned Béchamel. When the poultry is ready, strain the broth through a serviette, remove entirely the grease, then put the Béchamel in a somewhat great pan and reduce on direct fire, stirring with spatula and adding the broth little by little. The sauce must be kept well creamy. It will then have an ivory tint, which gives the name to the chicken. Clean the poultry and nap. No special garnishing; anyone can be put, as desired.

Corn-fed chicken "à la Jacqueline." — Cut the chicken in 6 pieces : the two legs, the two wings, the chest and the carcass which is cleaned. After having salted and floured these pieces, brown them in a casserole containing

very hot butter, pour in the casserole 8 table spoonfuls madeira or port-wine, some spoonful good veal juice, well seasoned. Cover the casserole and slowly cook during 15 to 20 minutes.

During this time, cut in dice 3 nice Reinette apples and melt them in butter, in oven, avoiding to stir in order they are not crushed.

Serve the chicken in a round dish, put the apples around and reduce the chicken cooking with 4 ozs double cream, until that sauce can lightly nap. Butter it apart from fire, add a pinch filleted almonds, well grilled and pour on the chicken. Recover the apples with a fillet of lemon juice.

Chicken "à la Hongroise." — Cut a chicken in order to be tossed; put the pieces in butter, when they are well glazed remove them. Add butter in the casserole, pour half a pound rice, tossed until it becomes yellow; then wet with some stock, add salt, some paprika, onion, a bunch of parsley, two or three fresh tomatoes, two table-spoonful tomato mash. When rice begins to cook, put the pieces of chicken and stew all during half a hour. Add from time to time some drops of stock, in order that the rice is not attached. When cooked, the stock must be entirely absorbed by the rice. Pour then all in a plate and serve warm.

Chicken "à l'Indienne" or "à la Créole." — Lightly brown the pieces in butter and add two great chopped onions, also brown, powder then all with a great coffee-spoonful curry and wet until covered with white stock. Season (no pepper, as curring is sufficient), put a "bouquet garni" and cover. Cook 20 to 25 minutes. On that time, add 1 tea cupful very thick Béchamel, simmer again all, then remove the pieces of poultry, one by one and strain the sauce, for eliminating the onion. Serve the chicken together with a timbale of rice "à l'Indienne" (see vegetables). Some rasped cocoanut can be added to the sauce; this will be more local colour.

Chicken "à l'Archiduc." — Cut and toss in butter a Queen chicken. When it is lightly brown, season and cover to cook it slowly during 20 minutes. Remove the pieces and pour in a pan 6 table spoonful white port-wine and 3 table spoonful Cognac, with which the dish will be deglazed. Add 4 or 5 spoonful Béchamel and 1 tea cupful thick cream, very fresh. Give 4 or 5 minutes ebullition on direct fire, stirring with spatula, butter the sauce with a piece of fine butter. Do not let it boil and terminate the seasoning. Serve pieces of chicken on a dish, pour upon the sauce and put around some bunches of asparagus points, tossed in butter.

Chicken "sauté Chasseur." — Cut the chicken, season, flour the pieces and toss them quickly in butter and oil, return the pieces when well coloured, cover and slowly cook, in oven in preference.

Prepare a "sauce Chasseur," when chicken is cooked, serve it in bush on a round dish. Drop grease from the pan and deglaze with some white wine. Pour this sauce on the chicken and sprinkle some chopped parsley. Surround the dish with fried bread croûtons, cut like heart (Croûtons are facultative). (See illustration, page 329.)

Tossed chicken "Bordelaise." — Toss the chicken with half oil and half butter. Serve and surround with small bunches of minced and tossed artichokes, „ cèpes " tossed in oil and fried rounds of onions. Light half-glaze sauce on the chicken.

Tossed chicken Parmentier. — Same method of cooking as above; during this time cook in butter, after they are boiled 2 minutes 1 lb. potatoes, cut in small cubes, like dice. Add to the cooking of potatoes ($\frac{2}{3}$ rd) a spoonful onions finely hashed. Serve the chicken in pyramid, and put the potatoes around, deglaze with half a glassful white wine, some chopped parsley and apart from fire, a good piece of butter. Pour on the chicken and powder with chopped parsley. (See illustration, page 320.)

Tossed chicken, fine herbs. — Proceed as for chicken Parmentier without the potatoes and in increasing quantity of fine herbs in the sauce.

Tossed chicken "à la Bercy." — Toss the chicken as above, and when it is dressed, toss in the pan a spoonful chopped shallots, pour a glassful white wine and reduce to half. Add then a good piece of meat glaze and some drops of lemon juice, 4 ozs raw mushrooms, grossly hashed. Cook during 5 minutes, remove from fire and strongly butter this sauce which will be poured on the chicken. Powder with chopped parsley. If possible, replace the meat glaze with good gravy of roasted veal.

Tossed chicken Mireille. — Toss the pieces of chicken in well hot oil. Serve and garnish them with bunches of egg-plants in rounds, floured and fried in oil, alternated with bunches of tossed tomatoes. Deglaze the pan with white wine and some chopped garlic, pour a cupful tomato sauce, very clear and sprinkle on the chicken. Put upon some chopped parsley.

Tossed chicken Portugaise. — Toss the chicken as above and serve in a dish. Deglaze the pan with white wine and add a tomato cullis and some garlic. Pour on the chicken and surround with half-tomatoes, stuffed with mushrooms Duxelles (see vegetables). Put chopped parsley on the whole. If tomatoes are small, keep them entire. (See illustration, page 330.)

Tossed chicken "à la Fermière." — Toss the chicken in butter and serve it. Garnish with small bunches of green vegetables, cooked separately and buttered, carrots, turnips, potatoes, all in small regular hazels, green beans and small peas and between each bunch of vegetables put a rectangle of grilled chest bacon. Recover the chicken with a light half-glaze sauce or simply with buttered juice.

Tossed chicken "à la Demidoff." — Proceed as stated for veal sweet-breads, taking in notice time of cooking.

Tossed chicken "à la Forestière." — Proceed as stated for "Poulet Chasseur," but using morils which are tossed in pan, dropped and put for cooking with the chicken. The broth obtained from cooking morils in the pan, will be reduced and added to the chicken sauce.

Tossed chicken "Louissette." — Toss the chicken in butter and arrange. Toss in the pan 4 ozs raw ham cut in small dice. Add a carrot and a onion, also in dice. When all is tossed, pour a chopped shallot, wet with half a glassful white wine, add also 3 or 4 mushrooms in dice and simmer during 10 minutes. Mix with some spoonful ¹/₂tomated half-glaze sauce and complete apart from fire with a good piece of fresh butter. Pour on the chicken and surround with a border of rice Pilaff (see vegetables).

Tossed chicken "Champeaux." — Toss the chicken in butter, deglaze the pan with white wine and veal broth, butter and pour on the chicken surrounded which with small onions, glazed apart and hazel potatoes.

Tossed chicken "à la Grecque." — Toss with half butter and haf oil and slowly cook, well covered. Arrange the pieces and deglaze the pan with some white wine, like a nut of meat glaze, orange juice and half a lemon. Add some butter and season with paprika. Pour this sauce on the chicken which is surrounded with slices of oranges, cleaned "à vif" and quarters of small gourds, cooked in butter.

Nota. — As it must be seen, the tossed chicken is cooked dried up, i. e. with butter and oil, but without any liquid nor sauce, in order to keep such a crusty to the pieces of chicken, which must characterize the tossed chicken. In fact, if chicken and sauce are cooked together, a stew of chicken will be obtained.

Chicken "à la Marengo." — Flour the pieces and toss them in oil. When they are yellow, add a great chopped onion; all being coloured, pour a glassful white wine and reduce to half. Add then 1/2 pint tomato cullis, salt, pepper, garlic and a "bouquet garni," cover and cook during 20 minutes. On this time, add raw mushrooms, well cleaned and give also 10 minutes cooking, degrease the sauce and arrange the chicken. Recover it with sauce, put around a garnishing composed of fried eggs, fried croûtons, of bread and crayfishes, well neat and cooked in court-bouillon. Sprinkle some chopped parsley. The crayfishes can be avoided, but are classic in this recipe. This is not a tossed chicken. (See illustration, page 320.)

Corn-fed chicken in cocotte "Bonne Femme." — The corn-fed chickens in cocotte can be garnished as stated for tossed chickens, either „ à la Parmentier," "Chasseur," "Bordelaise," "Fermière," etc... Their cooking is as follows : Toss in butter the trussed chicken, in the same cocotte for serving. Toss it slowly on all sides. Wet with some good gravy and put around for the garnishing "Bonne Femme" : a dozen small onions and same quantity of lardoons of chest bacon, previously tossed in butter (ones and the others). Season, cover and bake in oven during 1/4 hour. Then add 5 ozs raw mushrooms and terminate the cooking of all. Cut the chicken and reconstitute it in the cocotte which is presented on a long dish, garnished with a serviette.

Chicken in cocotte "à la Paysanne." — Pluck, singe and empty the chicken (corn-fed chicken), season the inside and truss it. Lightly colour in

a pan with butter and put it in a earthenware or porcelain cocotte. Surround with a peasant garnishing, previously stewed in butter. Deglaze with white wine and stock the pan in which the chicken has been tossed, add 2 or 3 spoonful half-glaze, reduce this sauce to half and which is used for wetting the chicken which is then recovered with a sheet of buttered paper. Close the cocotte and introduce in a hot oven. Cook during 1/2 hour.

Cut and reconstitute the chicken in the cocotte and put it on a dish garnished with a serviette. Serve warm.

Peasant garnishing. — This garnishing is composed of carrots and turned turnips, stewed in butter and seasoned with a pinch sugar and some salt, small glazed onions, small potatoes turned like garlicks and tossed, chest bacon only boiled and cut in dice which will be tossed. Terminate cooking of this garnishing, which is put around the chicken, cooking and serving in the same cocotte.

Chicken in cocotte "au Père Lathuille." — Take small chickens (corn-fed chickens), and slowly colour them with butter in a earthenware cocotte. Add a garnishing composed of carrots, turnips, potatoes made with the vegetables spoon, size of hazels, artichokes bottoms cut in quarters, all these vegetables are first a little boiled, unless new and tender vegetables are used.

Wet the chickens with a very small quantity of gravy or stock; well cover and very slowly cook, either in oven or on side of fire.

Before serving, add in the cocotte some rounds of fried onions. The chickens are served in the cocotte where they are cooked.

Nota. — Chickens in cocotte can be prepared garnished with vegetables season.

Corn-fed chickens, grilled "à la Crapaudine." — Empty and singe a corn-fed chicken. Cut the claws upon the joining. Cut obliquely the chest in sense of thickness, beginning by the point of chest and stopping near the wings, in order that it is entirely separated. Put this detached piece of side of the neck and flatten the chicken with a large knife or a pastry roller, in order to have the form of a toad, ready for bounding. Cook, well recover with butter and when it is cooked, i. e. after 15 to 20 minutes, egg and bread crumb and grill. Cut the chicken in 6 pieces and serve them on a long and warm dish. Sprinkle with butter "Maître d'hôtel" and surround with slices of lemon. A bunch of watercress at each end of the dish. (See fig. 31 and 32 and illustration, page 358.)

Grilled chicken, Devil sauce. — Cut entirely the chicken on the back, without touching to the point, strongly flatten it for breaking the joining. Bake it in oven with butter and egg and bread crumb for terminating cooking on the grill.

Serve it on a dish surrounded with gherkins and lemons, together with a Devil sauce. Do not forget to powder with mustard in powder, before egg and bread crumb.

In place of Devil sauce, a Maître d'hôtel can be serve. Garnish with chips potatoes and grilled bacon.

Fried chicken "à la Viennoise." — Cut in four pieces 1 or 2 corn-fed chickens, well flatten the pieces, bone the fat of leg, but not with the crusher. Season the pieces, flour them, egg and bread crumb (white), then fry in clarified butter, in preference. Serve this fried chicken together with a fine tomato sauce buttered and a timbale of small peas with butter.

Nota. — The squab-chicks of breeding are treated as the "small com-fed."

Stuffed Hamburg squab-chicks. — Hamburg has the speciality and reputation to be a great producer of wild beasts. But in side of the enormous pachyderms, and by an amusing coquetry, Hamburg makes an intensive breeding of squab-chicks, which are young chicken, killed when they have size of pidgeon, but which are exclusively nourished with a sort of paste with milk, which gives their exquisite white flesh. They are often grilled or fried. They can also be stuffed with bread crumb, fine herbs, onions, milk and egg and roasted or cooked in cocottes.

Cock with wine (Dijon recipe). — Cut the cock in pieces, according to the instructions given. Toss in a cocotte with butter the floured pieces and add about twenty small meagre lardoons and same quantity of new onions. When all is well golden, powder with a spoonful flour which is also brown, wet with a bottle red Bourgogne of good quality. Season : salt, pepper, "bouquet-garni" and some spices. Cover and slowly cook during 35 to 45 minutes. Remove grease from sauce, mix it nn last minute with blood of cock, as for a civet. Sprinkle some parsley and serve as it is, after verification of seasoning.

The cock in paste (Fine cuisine). — Take a chicken of very fine flesh and do not cut the neck, nor the head. Bone the chest, keeping the breast-bone. Introduce inside the poultry a nice seasoned goose liver, garnished with truffles and first macerated in a tea-cupful dry Champagne.

Make a pie paste of 1/4 inch thickness, in sufficient quantity for covering the chicken. Well put the paste and recover also the neck and head maintained in their position with a support. With noodle paste, make the feathers and tail. Put upon two wings cut in remnants of paste. Glaze all with a brush put in beaten egg. Cook in hot oven during 1 hour 1/2. Serve the cock, accompanished with a sauce Champagne, after having separated the top of croûte and cut the chest. (See illustration, page 396.)

The Waterzoi of chicken (Flemish cuisine). — Bone 2 young chicken and cut then in pieces together with 1 1/2 lb. calf leg. Season, macerate and tender during 24 hours in a cool place.

Make a stock with calf leg, remnants, carcass, heads, and chicken livers. Wet with 3 1/2 pts to 5 1/4 pints cold water. Boil 4 hours with a good garnishing of parsley roots, well washed, two bread croûtons, salt, pepper, one leek, one carrot. When all is cooked, strain through tammy crushing parsley, liver, gizzard, and also some calf leg; this will constitute the sauce.

Cook very slowly the pieces in butter with lemon juice and without



Fig. 229. — Fat pullet "à l'Albuféra" (see page 335).



Fig. 230. — Ballotine of poultry "à la Régence" (see page 332).



Fig. 231. — Fat pullet "à la Régence" (see page 337).

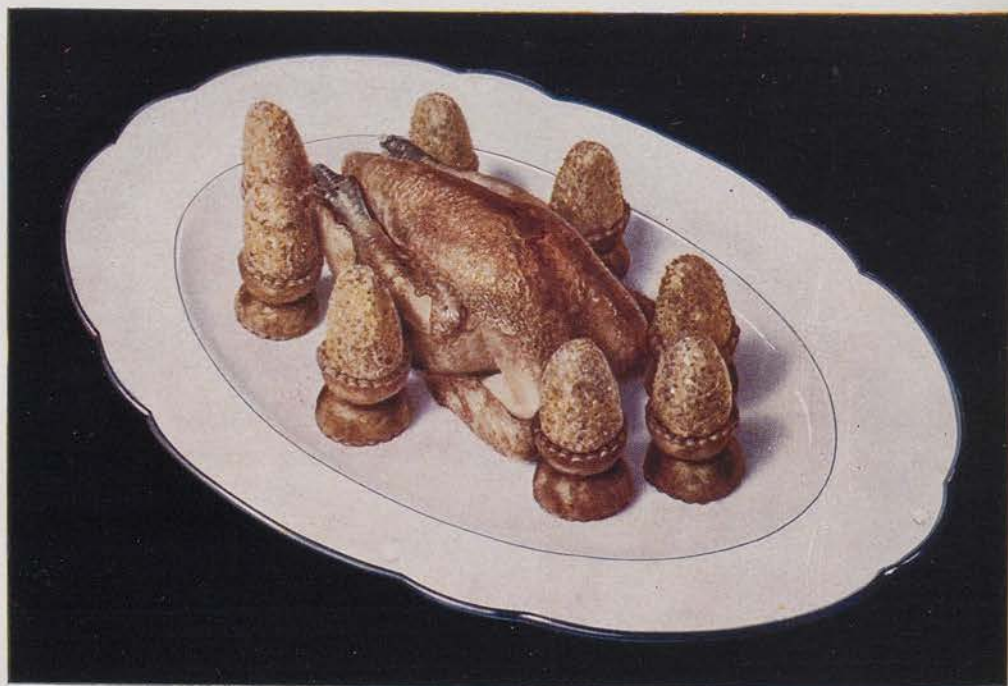


Fig. 232. — Fat pullet with golden eggs (see page 336).



Fig. 233. — "Chasseur" tossed chicken (see page 322).



Fig. 234. — Fat pullet or chicken in "demi-deuil" (see page 334).



Fig. 235. — Tossed chicken "à la Portugaise" (see page 323).



Fig. 236. — Chicken pie (see page 334).

giving colour. When the chicken is cooked, add the sauce obtained from remnants; simmer also during 30 minutes after verification of seasoning.

Serve as a soup in hollow plates, putting a piece of chicken in each plate and serving together with buttered bread slices and quarters of lemon.

Different preparations of poultry

Independently of the above preparations, the chicken also receive several preparations, such as : cuttlets hash, quenelles, pilaffs, poultry bread, etc...

Poultry quenelles "Isabelle." — Make a panada stuffing (see the word) with flesh of a boned chicken, strain through tammy, then make the quenelles, either in rolling them with the hand on a floured table, either in moulding them in well buttered boat moulds. Pour them in boiling salted water during 4 minutes before serving and poach them without ebullition. Drop and serve them on small grilled bread croûtons, having size of quenelles and somewhat thin; then nap with a sauce *Suprême* made with poultry bones, for having a stock. In this sauce *Suprême*, add some heat-glaze, to give the colour "coffee with milk," also called "Isabelle" and put some spoonful very fine hash of truffles and tongue "à l'écarlate."

This dish will constitute a very good entrée; by economy "noix" of veal can replace the flesh of chicken.

Poultry quenelles with tarragon. — Same proceeding, nap with white sauce made with tarragon and decorate each with 3 leaves of plunged in boiling water tarragon, put like star, in crossing them. Surround with a crown of well white mushrooms heads.

Poultry cuttlets "à la Vicomtesse." — With same stuffing of quenelles, moulded in small moulds (form of cuttlets), vary the entrées. The preparation is the same. Poach them in water, drop and serve them, overlapping one on the other, the point upright. Nap with sauce *Suprême* with poultry stock, put a slice of truffle on each and garnish the hollow with asparagus points, tossed in butter. Pick a piece of great macaroni on each cuttlet for making the bone and adjust special curl-paper.

Poultry cuttlets "à l'Archiduc." — These cuttlets can be stuffed with a small hash of ham, truffles and cooked mushrooms; all joined with some meat gravy and well cold. Garnish the buttered moulds with this stuffing, putting a hollow in center, put like a hazel of hash and carefully recover with stuffing. Poach, drop and arrange them as above, but nap them a well seasoned sauce *Périgueux*. Put in center a bush of mushrooms, tossed in butter and entire.

Sprinkle some parsley and also decorate with a piece of macaroni and curl-paper.

Nota. — In these quenelles or cuttlets, it is not the quenelle which will have more taste, but well the sauce obtained from the carcass. For an econo-

mical preparation, the stuffing will be obtained with veal and stock with one or two abatis, specially bought.

Poultry cuttlets "Polarski." — It is not a stuffing, but well a hash. Take 1 lb. poultry flesh, denerved, and hash it finely with salt, pepper and some nutmeg; add 7 ozs butter, then little by little 3 table-spoonful fresh cream. Separate then this hash in 10 equal parts which are rolled on the table, powdered with flour. Flatten then lightly with a knife the balls of stuffing and give the form of cuttlets which are put in beaten egg, then in bread raspings. Some minutes before serving, put in a pan, on fire, 4 ozs clarified butter, when it is well hot put the cuttlets in the pan, cook them giving a nice colour and returning two or three times.

Drop and arrange them in crown with curl-paper, sprinkle with some butter of cooking and lemon juice. All garnishing can accompanish this chicken. (See illustration, page 281.)

Poultry Zephyrs with cream. — With chicken flesh (not veal) make a stuffing Zephyr, as stated in the item of stuffings (see stuffings). Put this stuffing in buttered forms, either great babas moulds, either brioches moulds with great sides. Poach in bain-marie in moderate oven during 15 to 18 minutes, then demould and nap with a very creamy sauce *Suprême*, very seasoned with paprika and add at the last minute some spoonful whipped cream. These small Zephyrs are garnished with mushrooms, artichokes bottoms, asparagus points, etc...

Poultry ballotine "à la Régence." — The ballotine is made as a galantine, but is warm. The inside stuffing is not therefore the same. Bone a chicken in the back, as stated more far for the galantine, but leave the flesh on the skin. In middle put a thick couch of quenelles stuffing with Panada (see stuffings); put upon quarters of truffles and fillets of red tongue, recover with stuffing and roll all as for a galantine in a muslin stringed at the two ends. Poach in a good "fond blanc" made with veal and chicken bones, without ebullition during 45 to 50 minutes. Make a garnishings of mushrooms, olives truffles and artichokes bottoms, mixed with sauce *Suprême* obtained from the broth. Cut the ballotine in slices and put it in crown with garnishing in center. The garnishing can be varied and accompanished as well with a brown sauce with madeira. (See illustration, page 327.)

Poultry sausage "Richelieu." — With same quenelles stuffing, either panada, or mousseline stuffing with cream, make the sausages. The preparation is as follows: if we have no moulds (there exists) butter small rectangles of white paper, as great as the hand, flour them, put in middle some stuffing, making a hollow all a long with the wet finger; fill this hollow with a small hash of truffles, mushrooms and cooked poultry, recover with another couch of stuffing and make the form of an ordinary sausage with the knife, then recover with paper for maintaining the form; string the two ends and poach in boiling water during 15 minutes.

Drop, unpack them and recover first with flour, then egg and bread crumb, fry them at the last minute and arrange on a serviette with fried parsley. Apart a sauce Périgueux.

Poultry sausages "à la Marigny." — Same preparation. Garnish short-paste croustades with small peas "à la Française," put a sausage upon and serve with a light sauce Soubise, well buttered. Sauce and garnishing of sausages can be varied.

Warm poultry bread. — The poultry bread can be made in only one piece or several smalls.

Bone and finely crush flesh of a chicken, either about $\frac{3}{4}$ pound, salt, pepper and add some rasped nutmeg and 4 spices. When the meat is crushed, but not before, mix with crushed $\frac{1}{2}$ pint Bechamel sauce, somewhat thick and cold, a coffee-cupful fresh cream, 2 full and 2 egg yolks. Strain this mash through iron tammy and cook it in bain-marie in a timbale mould or in buttered babas moulds. When cooked in small moulds, 2 eggs are sufficient, without the egg yolks. Cook 35 minutes for a great bread and 10 minutes for smalls. Remove from mould and nap with sauce Suprême or another; garnish according to taste.

Small poultry breads "à la Patti." — Nap the breads with a Nantua sauce with crayfish butter. Put upon a slice of truffle and garnish with small peas, fresh if possible.

Small poultry foams "Mornay." — Same mixture as stated for breads; add 2 whites of eggs in snow, mould and poach in bain-marie in somewhat great boat moulds. Remove from moulds on a gratin dish, and garnish the bottom with minced mushrooms. Nap all with Mornay sauce. Sprinkle some cheese and gratin.

Small foams "à la Florentine." — Proceed as above and replace mushrooms by leaves of spinage, tossed in butter. Nap also with cheese sauce and gratin.

Small poultry foams "à l'Aurore." — Nap the cooked foams in babas moulds, with Aurore sauce; sprinkle some hard-boiled egg yolk, also hashed. Recover with butter and put 2 minutes in a very quick oven. Surround with half-tomatoes, stuffed with Duxelles (see vegetables).

Poultry pilaff "à l'Orientale." — Cut the chicken in somewhat small pieces. Toss in butter with a chopped onion. When the chicken is golden, add 5 ozs rice and continue to toss all. Wet then with white stock; add 2 or 3 tomatoes, cleaned, crushed and cut in 4 pieces, salt, pepper, saffron and "bouquet garni." Add also one or two minced sweet pimento and cook during $\frac{1}{2}$ hour. Arrange all in timbale. $\frac{7}{8}$ pint stock is sufficient.

Nota. — A poultry pilaff can be made in cooking the poultry alone, as a stew and rice pilaff apart, then serve the rice in borders and chicken in the middle.

Poultry abatis with turnips. — The abatis are : small wings, neck, gizzard, liver, feet and head.

This dish can be made with abatis of poultry, duck, goose or turkey hen. Cut them in pieces and toss them in a cocotte as a stew, then powder with flour until they are brown. Add some crushed garlic, wet with water or stock; season, add a spoonful tomato mash and a "bouquet garni" and about twenty small onions which are browned apart, cook during 1/2 hour and add turnips cut in quarters and well tossed in the pan. Terminate cooking and serve after the sauce is well degreased.

Poultry abatis with rice. — Toss in the same manner the abatis, add 2 great chopped onions and when all is well coloured, wet with stock or water, season, add "bouquet garni" and cook 20 minutes for poultry abatis or tender ducks, 50 minutes for those of turkey hen or goose. At this moment add 7 ozs rice, which has been first tossed lightly in butter. Cooking during 20 to 25 minutes and serve the abatis which must be nearly dried.

Poultry abatis with vegetables. — Proceed as for abatis with turnips replacing these by a mixture of carrots, turnips, onions, small peas, potatoes absolutely as stated in the spring navarin (see mutton).

Warm chicken pie. — Cut a chicken, toss it in butter until it is half cooked and let it get cold. Surround a pie dish with some puff-paste. Put the chicken, add 4 ozs minced raw mushrooms, 2 hard-boiled eggs in rounds, some dice of potatoes, tossed in butter and 6 slices of grilled bacon. Recover with broth chicken, add some Worcestershire sauce and put puff-paste. Glaze and bake in a warm oven during 30 minutes. Serve immediately. (See illustration, page 330.)

Warm fattened pullet

Fattened pullet "Demi-deuil." — Poach the fattened pullet in stock during about 50 minutes, after it has been truffled under the skin, proceeding as stated for the truffled fattened pullet. With cooking stock of this poultry, make a sauce Suprême and mix slices of mushrooms, cooked apart and slices of very black truffles. Cut the fattened pullet and nap it with sauce. Serve apart the remnant. (See illustration, page 329.)

Nota. — When poultry is cooked by ebullition or by poaching, the skin must be removed as it would become cariacious.

Fattened pullet with kitchen salt. — Speciality of the "Mère Fillieux" at Lyon, where about a thousand are eaten per month.

We must say that it is not really possible to obtain such fattened pullet at home, for the following reason : in this restaurant the fattened pullets are poached in a great number in a very large stock marmite, where they are always put without that broth is frequently changed. Owing to this fact, the stock possesses an aromate and a particular fumet, which better the poultry

instead of keeping their gustatory qualities, as it is the case in poaching only one fattened pullet and therefore it loose in its cooking stock all its gravy.

The fattened pullet "kitchen salt" is simply to prepare. Cook it in a well garnished stock with vegetables and spices and serve it as it is with salt and some stock.

Spring poached fattened pullet. — Cook the fattened pullet in white stock, after the chest has been covered with lemon. Put in the stock some spring vegetables, such as carrots, turnips, small peas, green beans and some new potatoes. All must be cooked together and at the same time. With a little stock, make a fine white sauce, and add some herbs mash : spinage, watercress, chervil and tarragon, whited, pressed and strained through very fine tammy, for rendering the sauce somewhat green.

Arrange the cleaned poultry, cut, recovered with sauce and surround with its garnishing of vegetables.

Fattened pullet "à la Toulousaine." — Poach the fattened pullet with white stock, make a sauce Suprême with a part of stock and prepare a garnishing Toulousaine, composed of quenelles, mushrooms, lamb's sweetbreads, olives, truffles and cock's comb (facultative). Mix the garnishing with some sauce and arrange around the cut and napped fattened pullet.

Fattened pullet "à la Financière." — Toss the poultry in a cocotte and wet it with 7/8 pint half-glaze sauce with madeira. Braise it during 3/4 hour, then degrease the sauce, strain and accompanish it with a Toulousaine garnishing. This must be brown instead of white.

Fattened pullet in a pan "à la Masséna." — Toss the fattened pullet with some butter, wet it with madeira and season. Cover and bake 45 minutes in oven. Serve it cut and garnished with bunches of tossed tomatoes, with some garlic, some stoned olives and cèpes tossed in oil with chopped shallots. A light madeira sauce.

Truffled fattened pullet. — Prepare the fattened pullet two days before in the following manner. Hash 1/2 lb. raw poultry livers and 1/2 lb. pork's fat. Mix with 1 lb. brushed and cleaned truffles, salt and pepper and fill the fattened pullet, after it has been emptied on the side of neck, cutting the reins. Separate the skin from the chest and put some great slices of raw truffles, somewhat oiled in order to facilitate introducing. Put the skin, carefully truss the fattened pullet and keep it in a cool place during 48 hours.

The cooking is better when the poultry is skewered, or in default baked in oven. Being stuffed in this way, 1 to 1 1/4 hour are necessary for cooking, in sprinkling very often. It can also be recovered with a small barding for protecting the slices of truffles, which are always sacrificed.

This truffling gives a nice aspect to the poultry when it is raw; as these blue marks have a nice aspect. (See fig. n° 43 and 44, page 38.)

Fattened pullet "à la Derby." — Bone the chest of a nice fattened pullet, which is emptied by an opening made in the neck. Stuff it with rice "à la Derby" (1/4 lb. Carolina rice wet with some poultry stock. Add when it

is cooked, $\frac{1}{4}$ lb. truffles cut in dice and also garnishing of goose liver, cut in dice, floured and tossed in butter). Barding and braising during 50 minutes "à blanc," then use the cooking for making a golden sauce with 1 oz. butter and 1 table spoonful flour. Reduce this sauce. Add double cream, 2 ozs meat glaze and 2 ozs fine butter. Further toss some goose liver collops. Serve the fattened pullet on a round dish and surround it with collops on which a slice of truffle has been put. Lightly nap the poultry with sauce and serve remnants apart.

Fattened pullet "Monte-Carlo." — Poach a poultry with white stock and with the broth make a sauce Suprême. Prepare veal quenelles Mousseline (see stuffings.) Separate stuffing of quenelles in two parts, colour one in pink with some carmine and make the quenelles with table-spoon (see fig. 12). Also colour the half of sauce Suprême in pink, mixing some tomato mash. Clean the fattened pullet, cut it and reconstitute it on a dish. Nap on one side with white sauce and on the other with pink sauce. On pink side, put the white quenelles and on white sauce the pink quenelles. Serve the two sauces apart.

Fattened pullet "à l'Albufera." — Stuff the fattened pullet with rice and goose liver (see fattened pullet Derby), poach it after it has been tossed a moment in butter. Prepare croûtes of puff-paste, fill them with a stew of quenelles, mushrooms, and cock kidneys. Make same sauce as for fattened pullet "Derby." Cut and arrange the poultry, nap it with sauce. Surround with garnished croûtes and put between each a slice of tongue "écarlate," somewhat thick and cut in form of cock's comb. Put the rice at each end of the dish. (See illustration, page 327.)

These preparations are served in more great dinners.

Fattened pullet "Sainte-Hélène." — Dress a fattened pullet, turn up skin of stomach and pick it with fillets of truffles and fine lardoons of meagre raw ham. Beat down the skin, truss and braise the fattened pullet in a brown foundation sauce with madeira and fine champagne. Arrange on a bread croûton (put as a canapé), cleaned of stomach skin in order to have a more apparent picking. Surround with a garnishing composed of truffles, mushrooms heads, collops of goose liver, tossed in butted, decorated poultry quenelles, all mixed and napped with an half-glaze sauce, added with some reduced cooking. Serve warm.

Fattened pullet with golden eggs. — Toss a poultry in butter and wet it with a light madeira sauce. Cover and pan it 35 to 40 minutes. Prepare during this time 10 hard-boiled eggs. Hash them and mix them on direct fire with some spoonful Bechamel and 2 egg yolks. Let the mixture get cold when it has been well cooked, and make some pieces which have form and size of an egg, egg and bread crumb "à l'Anglaise" and fry them. Serve the poultry on a long dish with well degreased sauce and put around the eggs, either in bunches at the end of the dish, either upright in small puff-paste croustades, having form of egg-cups. Very good and nice winter dish. (See illustration, page 328.)

Puff fattened pullet, "sauce Suprême." — This rich entrée is well convenient for a meeting of epicures. Poach 50 minutes with 2 1/2 pints stock a nice fattened pullet, well in chest; then clean it and separate the two "suprêmes" which are reserved. Cut the chest, bone and keep it, in order to have a sort of case to which the two legs adhere. Fill the poultry with a stuffing Mousseline made with 1 lb. noix of veal and same quantity of cream (see stuffing).

For terminating this stuffing, mix some dice of truffles. Fill the poultry carcass, giving the form of chest. Wet the top with white of egg, put a nice decoration of thin motives of ham and truffles. Recover with well buttered paper and terminate baking in a moderate oven during 25 to 35 minutes.

Arrange the poultry on a long dish, surround with colloped chest "Suprêmes" and put on each a slice of truffle. Nap them with sauce Suprême and serve the remnant apart.

Fattened pullet with rizotto. — Toss the fattened pullet in a pan, wet with a light foundation madeira sauce, also tomated. Season, cover and cook. Prepare a tomated rizotto (put the cheese after 15 to 18 minutes cooking and when it is well dry). Garnish buttered babas moulds, well press the rice and remove from mould around the poultry which is recovered with its degreased sauce. The rizotto can be truffled or added with dice of mushrooms or ham.

Fattened pullet "à la Régence." — Fattened pullet "Toulousaine." Make further 8 nice and great quenelles, arranged in buttered tartlets moulds and decorated with truffles poached in water. They are not mixed with the sauce, but put in a well apparent decoration around the poultry and upon the garnishing. (See illustration, page 328.)

Fattened pullet "à la Rossini." — Toss the fattened pullet in a cocotte. Keep and collop the "Suprême." Cut with strong scissors the chest bone (legs are not separated). Fill the poultry carcass with spaghettis with cream and put around the remnants. Arrange the white of poultry colloped around the spaghettis, and alternate with small collops of goose liver, tossed in butter. Sprinkle with remnants of poultry sauce and sprinkle a Julienne of truffles.

Fattened pullet "à la Souvaroff." — Fill the inside of poultry with 3 truffles and some raw goose liver, all cut in pieces.

Toss the poultry and when it is nearly cooked, put it in an earthenware cocotte, presentable for the table. Put around 5 or 6 raw truffles, cut, a glassful port-wine, a liquor-glassful fine Champagne and 6 table spoonful half-glaze sauce. Cover the cocotte and put a lace of paste for hermetically closing it. Put in oven 3/4 hour for stewing and serve as it is. The cocotte will only be opened at the table.

Fattened pullet "à la Louisiane." (American cuisine.) — Stuff the fattened pullet with green maize, cooked and mixed with some semolina (maize is bought all prepared in boxes under the name of Sweet corn, 5 minutes cooking with

semolina are only sufficient). When cold, put it in the poultry and braise it with a good brown foundation sauce with madeira.

Arrange it with the maize removed from the inside and sprinkle with degreased gravy. Serve at the same time slices of banana, fried in butter in a pan.

"Chevalière" of fattened pullet. — The meat is cut before cooking. Cut the fattened pullet, separating the legs which are picked with fine lardoons of fat bacon, then the two savoury fillets which are garnished with slices of truffles after having been covered with lemon juice. Poach the legs in a white foundation sauce, poach wings and savoury fillets in butter and lemon juice. With broth of legs, make a sauce *Suprême*, i. e. a very good white sauce, very creamy, mixed with egg yolks and double cream, then prepare during cooking of sauce, a border, either in ordinary noodle paste, either in small fried *croûtons*, paste on border of dish with white of eggs mixed with flour and put 5 minutes in oven for solidifying borders. In middle of the dish, paste in the same way a bread *croûtons*, cut in pyramid and fried in oil. Serve pieces of fattened pullet upright in the dish, inclined towards the central *croûton* which is surmounted with truffles and put around a garnishing composed of truffled *quenelles*, mushrooms, truffles and cock's comb, mixed with some sauce. Serve apart the remnants of sauce. Fine and gracious dish.

Chicken "à la Valenciennes" (Spanish cuisine). — In its preparation, it enters : meats, fish, different vegetables, cooked in the same marmite and served on different dishes. The Spanish cuisine often use such gastronomic pots-pourris. It is necessary to have : 1 onion, 1 red pimento, 1 garlic, 4 cleaned tomatoes, 3 artichokes bottoms, 1 chicken, 1 small duck, 1 lb. eels, 12 legs of frogs, 12 crayfish, 12 snails, 1 small crawfish, 1/2 lb. pork's fillet, 1/2 lb. chorizos (sausages), small peas, cauliflower, green beans (a handful of each), 1 lb. rice, Cayenne pepper, saffron and 4 pints white natural stock.

Toss in pan with oil the cut chicken and small duck, pork's fillet and sausages. Put all in a casserole with cut tomatoes and seasoning. Wet with stock, add chopped onions and tossed garlic, minced pimento and cook during 20 minutes. Put the rice, which has been tossed in oil, then the vegetables, fish, crustaceous and snails and terminate the baking in oven, well covered in order that all is cooked at the same time.

Serve the rice on 6 different dishes which are garnished : one with the eel, other with crustaceous, third with snails and frogs, fourth with vegetables, fifth with sausages and pork and the last with poultry.

Cold poultry

It is principally for preparation and presentation of cold pieces that method and taste are necessary. They can be prepared in advance as much time are useful. Do not forget than often in cuisine the good and the nice have to come together and in no case beauty of a dish and its presentation can be prejudicial to its goodness and qualities.

Chicken with jelly. — In a general way, a roasted chicken is used, but it can be prepared with a chicken poached in the jelly. In this case, it must be cleaned as the boiled skin, coriaceous when warm, becomes elastic and disagreeable when cold.

Cut the cold chicken as stated in head of this chapter (it will be easier than when warm). Put in an earthenware cocotte or another dish for presentation on the table. Pour upon some jelly, nearly seized, somewhat coloured and aromatized either with fine wine, either with tarragon. Let it seize on ice and serve in the basin. Another presentation, which is nicer, wants use of a mould having form of a chicken. It is garnished with jelly, then pieces of chicken are put in the indicated place. Fill the mould with half-seized jelly and when it becomes solid, remove from mould on chopped jelly; the chicken is reconstituted in form and in jelly.

The poultry Chaudfroid. — This is also a simple dish, well known and esteemed. The poultry is poached in jelly during 50 minutes for a fattened pullet and 30 minutes for a queen chicken.

Cook it the day before and let it get cold, the chest plunged in jelly in order to avoid dryness. With jelly make a golden sauce Chaudfroid and clarify the remnants. Cut the chicken in pieces, put them on a plate iron, back to back, and when sauce becomes nearly solid, copiously nap the pieces with a spoonful. Serve the pieces either put in pyramid on a round socle of rice, either symmetrically put back to back on a long and hollow dish and recovered with jelly. This second arranging is, according to our point of view, more practicable, as a very good jelly can be used, without gelatin. (See illustrations of the two preparations, pages 343 and 357.)

Poultry Chaudfroid "à la Rosemonde." — Same proceeding as above, but in bottom of a hollow dish, garnished with some foam of glazed tomatoes. When foam is well seized, put upon the pieces and cover all with jelly.

When jelly is solid, this Chaudfroid can be decorated if surrounding each piece of poultry with a light lace of truffled jelly. Strain through tammy a pinch of truffles cleanings, mix with some jelly, finely hashed and put in a forcing-bag with a very fine fancy-pipe.

Poultry Chaudfroid "Strasbourgeoise" (First recipe). — Same proceeding as above, but putting in bottom of the dish a foam of goose liver with cream. Carefully decorate each piece of poultry with truffle.

2nd recipe. — This dish can be presented more richly, in putting in middle of a long dish a nice and entire truffled goose liver, put the pieces of poultry lightly overlapping one on the others. Nap the liver with jelly and Chaudfroid.

3rd recipe. — Instead of putting an entire liver in center, pieces of "chaufroided" poultry can be arranged on small collops of goose liver, same size and recover all with jelly.

Poultry Chaudfroid, like a fan. — Choice a fattened pullet where several long fillets can be cut and arranged in the chest. Thin and long collops can also be cut in the flesh of boned legs, which are flattened and recovered

with a sauce Chaudfroid. Arrange and "chaufroite" these pieces, the two wings and the drum-stick. Further prepare a rice socle, give form of a fan which will be put on a long dish. The sauce being well seized, the pieces of chicken are put in order to form an opened fan. Terminate the handle with the two wings and the drumstick, with its foot. Then decorate the pieces with truffles cut and put around the dish, jelly croûtons and chopped jelly on the borders.

This presentation is splendid and not complicated. Rice socle can be replaced by a vegetables salad mixed with pasted Mayonnaise. (See illustrations, page 346.)

Poultry aspic. — Cut the poultry in small collops of 2 inches diameter. Decorate with a round of truffles, pasted upon with a drop of jelly. Garnish an aspic mould with some jelly (see fig. 49, 50). Put in bottom and upright, on borders of mould, pieces of poultry, overlapping ones on the others. When this is done, put the mould in crushed ice and pour half-seized jelly. Let it well seize. If a profound mould is used, put a second range of pieces of poultry and recover with jelly. (If there are small pieces of chicken, they are incrustated in the jelly behind the collops in order to be invisible on the demoulding.) Let it well seize and demould on a dish garnished with a serviette.

This is the recipe for all aspics. The rounds of poultry can be garnished with mash of goose liver or ham or poultry foam, made with legs, etc... or demould this foam upon the aspic. (See illustration, page 357.)

Poultry aspic and ham "Mercédès." — Cut in equal parts rounds of 1 1/4 inch diameter in cooked ham and in cooked poultry fillets. With garnishings and remnants of ham, make a small foam and another with remnants of poultry. Season these foams and colour with carmine the one of ham. On poultry medallions, put with the forcing-bag a small couch of ham foam and on ham medallions put some poultry foam. Garnish an aspic mould with Port-wine jelly, decorate with truffles and hard-boiled white egg and garnish as for an ordinary aspic with alternated medallions, put upright near sides of mould, the flesh towards the mould and the foam in the inside. Fill the mould with jelly and let it seize on ice. Demould on a serviette. Very nice and exquisite presentation.

Poultry galantine with jelly. — Bone a fattened pullet and remove the flesh, only leaving the skin. Season and collop the fillets, toss in butter, put in a dish with lardoons and tongue "écarlate," all recovered with madeira and cognac. Add remnants of flesh, same quantity of meagre pork fillet and meagre veal and also fat bacon in equal parts for making a stuffing which is wet with cognac and madeira and season.

For arranging the galantine : spread skin of poultry (putting on the top the interior side), and put on this half of stuffing, then collops of fattened pullet fillets, lardoons of ham, fat bacon and tongue "à l'écarlate," crossing them and adding some small slices of truffles and some green pistachioes. Recover all with remnant of stuffing, raise up borders of poultry skin and strongly

attach it for well covering the stuffing. Give form of a sausage, put in a serviette and string the two ends. Put the galantine in aspic jelly already cooked, in which it is poached during 20 minutes per pound. When it is poached, let it get cold under a weight of 2 or 3 pounds, in order it is well pressed, which gives more cohesion to the meats and a best cutting. (See fig. 45, 46, 47 and 48.)

The following day — as the galantine must be prepared and cooked the day before — clarify the jelly with white of eggs and Cognac. Then, cut the galantine, arrange it on a long and cold dish, nap it with jelly, surround with nice croûtons of chopped jelly, put on borders of dish. (See illustration, page 346.)

Nota. — Stuffing can be bought, ready, at the pork-butcher's shop, under the name of fine stuffing; it can be ordered in advance. It must have same weight than boned chicken and ham.

Fattened pullet "à la Néva." — This dish, made in 1893, has been immediately appreciated. Make a fine poultry stuffing, and mix with pieces of goose liver and truffles for garnishing inside of a fattened pullet, before poaching it.

This is the original recipe, but owing to its cost and the work it needs, we have somewhat altered it :

Poach a nice poultry in well made jelly and let it get cold in some jelly. Make a good foam of truffled goose liver, with a liver of 1 lb. 5 ozs, on which 5 or 6 collops of 2 inches diameter will be first cut and decorated with round of truffles. Remnants of liver is used for making the foam which is put in the poultry, after the two "suprêmes" are kept and when chest bone is removed. Well give to this foam, the form of chest, then cut the "suprêmes" in 6 or 7 collops, each obliquely, and nap with a golden sauce *Chaufroid*, half-seized and decorated with truffles; also, nap the legs and all around the poultry, except on the foam. Put pieces of "suprêmes" on each side of chest, overlapping one on the other, and in the middle put small medallions of goose liver. Well garnish with half-seized jelly, serve on a socle and surround with chopped jelly and well cut croûtons. (See illustration, page 36, 37, 38 for the preparation.)

A small lace of truffled jelly around the medallions. (See illustrations in colours, page 345, two arrangements.)

Fattened pullet "Lambertye." — Poach with white foundation sauce the fattened pullet in a good veal foundation sauce, garnished with rinds and calf's feet. Let it get cold in the cooking. With this, prepare a white *Chaufroid*. Further cook in a white foundation sauce a small chicken. Crush the flesh with some goose liver and 2 ozs butter, and also 2 or 3 spoonful *Chaufroid*. Strain all through tammy, then add some whipped cream. Keep nice collops on the poultry chest and plunge them in the *Chaufroid*, nearly seized. Then keep the breast-bone of poultry, and garnish the inside with foam of poultry. Put the collops recover all with jelly, garnish with truffles and chopped jelly.

Arrange the fattened pullet on a socle, surrounded with jelly croûtons and chopped jelly.

Fattened pullet "Sibérienne." — The fattened pullet, poached in a good white foundation sauce, gets cold, after collops are cut on the chest. Fill the inside with a mash of goose liver with cream and truffled. With remnants of cooking, prepare a good golden Chauffroid and plunge the pieces of fattened pullet chest. Then put them again in their place. Glaze all the fattened pullet with a good aspic jelly, decorate with truffles, surround with small croustades garnished with russian salad mixed with Mayonnaise. Decorate the dish with jelly croûtons and chopped jelly.

Fattened pullet "à l'Arlequine." — Cold poached fattened pullet, cut and stuffed with a foam composed of half goose liver and half tongue. Nap the reformed poultry with sauce Chauffroid, of which the half is tomatoed; cleanly nap one side with pink sauce and the other with white sauce. Decorate with truffles the pink side and with motives of tongue the white side. Surround with chopped jelly and garnish with small croustades filled with goose liver foam, and of which the half is napped in white and the other in pink.

Fattened pullet "Césarine." — Toss and well gold in butter and madeira a fattened pullet, then let it get cold. Make a good madeira jelly, then a ham foam obtained in crushing 1 lb. meagre York ham with 1/2 lb. thick cream, 4 ozs butter. Strain this mash through iron tammy and add 6 table-spoonful half-seized jelly and 1 tea-cupful whipped cream. Season this foam with some paprika and fill the inside of poultry, of which the two "suprêmes" are kept, in order that poultry stomach makes a case. Cut the "suprêmes" in thin collops, replace it on ham foam, and garnish the middle of poultry chest with carrots and turnips, cut in small balls like peas, and cooked in water, together with small peas.

Nap the poultry with jelly and put it on a socle prepared on a long dish. Surround with chopped jelly and put around small ham cornets, filled with goose liver and moulded in aspic in very small timbales moulds (this garnishing can be avoided). Surround borders of dish with jelly croûtons, cut as saw-teeth. Put this dish in an ice-box during 1 or 2 hours, in order to serve it well cold and brilliant.

Fattened pullet "à la Montreuil." — Prepared in the same manner, the fattened pullet is filled after cutting with a very creamy ham foam, then reformed in its natural state. Nap with golden Chauffroid, decorate with truffles and glaze with jelly. For garnishing, only make a buttered goose liver mash. Fill peach moulds with this mash, putting in the middle a small cube of truffles for making the stone. Let it seize on ice during 20 minutes, put these moulds in warm water in order to demould them. Nap these peaches with a sauce lightly pink; put with a feather some red jelly on side of peach for imitation of natural colouration of fruits and serve around the poultry put on a rice socle.

Chopped jelly and croûtons, imitation of peaches tail with a branch of parsley. The peach moulds can also served for making small ice-creams. (See illustration, page 344.)



Fig. 237. — Chaufroid of poultry "à la Strasbourgeoise" (see page 339).

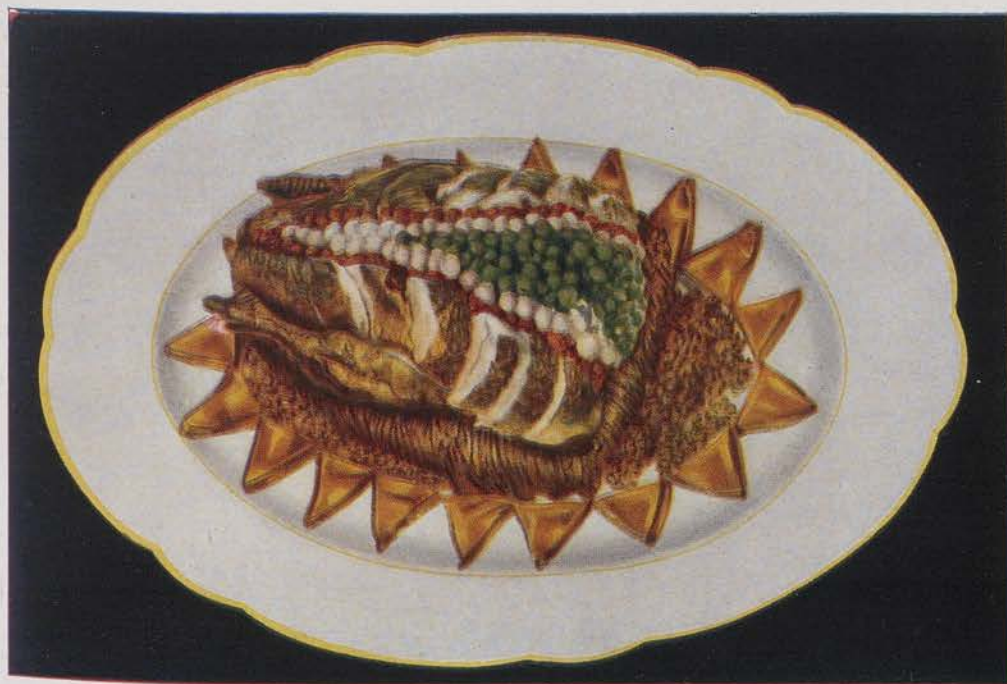


Fig. 238. — Glazed fat pullet "à la Césarine" (see page 342).



Fig. 239. — Glazed fat pullet "à la Muguette" (see page 347).



Fig. 240. — Glazed fat pullet "à la Montreuil" (see page 342).



Fig. 241. — Glazed fat pullet "à la Néva" (see page 341).



Fig. 242. — Glazed fat pullet "à la Néva" (other preparation).



Fig. 243. — Poultry chaudfroid prepared as a fan (see page 340).
 Fig. 244. — Poultry galantine with jelly (see page 340). For preparation, see pictures 45, 46, 47, 48.

Glazed fattened pullet "Muguette." — Same mixture than fattened pullet "Montreuil" with some goose liver mash mixed to the ham foam. Remove the fillets, take the bone and fill the carcass of poultry with this exquisite and well truffled foam. Nap entirely with sauce Chauffroid, lightly tomated. Cut the fillets in collops and nap of same sauce. Decorate the chest — imitation of May lily — with tarragon leaves (plunge in boiling water) and rounds of white of eggs. For making the flowers pot, take a piece of cooked carrot. Serve the poultry on a small rice socle and put arround chopped jelly. Upon the jelly, place small boats of short-paste garnished with vegetables salad or ham foam, with on each a poultry fillet, decorated with imitation of May lily. Nice croûtons around the dish. Is convenient for the 1rst of May. (See illustration, page 344.)

Fattened pullet "Lucullus." — It is different from others, as it is napped with a brown sauce Chauffroid with port-wine. Stuff the inside (when cut) with a poultry foam made with a second fowl; arrange it exactly as fattened pullet "à la Néva" with small collops of goose liver in the middle, but it is brown, instead to be white. Surround with chopped jelly and demould around small goose liver aspics moulded in small babas moulds, garnished with jelly and decorated with a round of truffle in the bottom.

Poultry foam "à la Fédora." — A small fowl, not too hard, can be used. Cook it with jelly, then when somewhat lukewarm, clean and bone it. Crush the flesh with butter, sauce Chauffroid and cream and strain through tammy. Garnish a timbale mould with Xérès jelly, decorate with hard-boiled white egg, truffles, tongue "écarlate" and if desired small cut vegetables. Spread upon the garnishing a couch of foam and put some colloped of cooked goose liver, then put again some foam and slices of truffles. Then terminate with foam. There remains $\frac{3}{4}$ inch in the mould which are filled with jelly. Let it seize on ice and demould. Surround with jelly.

The Guinea-fowl

This bird coming from Numidia has a dry flesh and must be covered with bardings and even picked with fine lardoons. The Guinea-fowl is prepared : roasted, braised in cocotte. The young Guinea-fowls can be tossed as a chicken. The following recipe is well convenient.

Guinea-fowl "à la Modane." — Colour in butter a trussed guinea-fowl, garnished with bardings. Wet it with some white wine, add some tomato mash and clear half-glaze; braise it in oven during 50 minutes. Make raviolis with spinages (see vegetables and farinaceous substances). Poach these raviolis as for noodles in boiling and salted water, during 25 minutes.

When they are cooked, drop them and mix with half of sauce prepared with cooking of guinea-fowl, which has been strained, degreased and added with 2 ozs rasped cheese. Serve the raviolis in crown on a round dish and put the guinea-fowl in the middle. Serve apart the remnants of sauce.

Guinea-fowl "à la Limousine." — Braise the guinea-fowl as stated for "Modane;" also braise a cabbage with a piece of chest bacon, then cut well red carrots, together with turnips, in small thin rounds from $\frac{1}{4}$ to $\frac{1}{3}$ inch diameter. Cook separately these vegetables, drop them on a cloth; when they are cold, butter two ordinary bowls (not too great) and decorate them with rounds of vegetables, putting a crown of turnips, overlapping one on the other, then upon a crown of carrots and continue in alternating the vegetables. This is called to decorate "en chartreuse." Also braise cleaned chestnuts in a light brown sauce.

In cuisine, such a prepared guinea-fowl bears the name of "Pheasant of the shoemaker."

Tossed young Guinea-fowls "à l'Africaine." — Cut two young guinea-fowls in 5 pieces, plus the carcass, as for a chicken. Toss them in butter, on direct fire, with a chopped onions, add some garlicks, then powder with a spoonful flour, brown and wet with a glassful white wine and $\frac{1}{2}$ pint water, add seasoning and some tomatoes. Cover and cook during 20 minutes. During this time, clean and cut in great dice 3 or 4 sweet African potatoes and bake them in oven with some butter. Clean and cut in slices 4 or 5 bananas and cook them in butter in a pan, without crushing them. Arrange the tossed of guinea-fowls with its degreased sauce, reduced, and put around two bunches of potatoes and two bunches of bananas.

The pigeons

The flesh of pigeon is somewhat binding; therefore an intensive use is not recommended. However, it is a delicious poultry. Some small pigeons with small peas garnishing, principally in spring, are a choice dish.

Young pigeons with marmelade. — Empty, singe and truss the young pigeons, then toss them slowly with butter in a casserole. When they are golden, remove them and toss about twenty small onions and about twenty lardoons of meagre bacon. Drop then the obtained sauce, wet with some white wine and half-glaze sauce. Put the pigeons which are half-bathed, season, add a "bouquet garni," cover and very slowly cook during $\frac{3}{4}$ hour. At this time, degrease the sauce and add 7 ozs raw and well cleaned mushrooms. Also stew during 15 minutes and serve either in cocotte, either in a hollow dish.

Young pigeons with small peas. — Proceed as above, replacing the mushrooms with small fresh peas which are added 30 minutes before complete cooking.

The quantity of bacon and onions can be reduced. If preserved peas are use, consequently cooked boil them first and add them 5 minutes before serving.

Young pigeons "à la Saint-Charles." — Garnish the pigeons chest with lardoons of tongue "écarlate," braise them in a cocotte, with a good half-glaze with madeira. Serve, surrounded with tossed cèpes in half butter and half oil. The remnant of gravy well degreased and reduced is served as a sauce.

Young pigeons with turnips. — Toss the pigeons and wet them with half-glaze tomated sauce. Add small onions and turnips, cut like new small potatoes and which are first tossed in some broiling grease. When all is cooked, remove the grease and serve in a hollow dish. Pigeons are cut in four, three or two pieces, according to their size.

Young pigeons with olives. — Toss the pigeons, wet them with half-glaze sauce and add at the last minute stoned olives, after they are boiled in order to take the salt off.

Young pigeons with curl-paper. — Use small pigeons. Separate them in two parts, flatten them strongly with a great knife in order to break the bones, which are removed when it is possible. Cook in butter these halves of pigeons, but in a moderate fire and when it is done, let them get cold under a light pressing. Prepare a hash of mushrooms or Duxelles, in which some remnants of cooked ham, cut in small dice, are introduced.

Take then some sheets of white paper which are strongly oiled and cut like a heart. Put on one side a spoonful Duxelles, upon a thin slice of ham, then half a pigeon, recover with another slice of ham and a spoonful Duxelles. Close the paper and curl it all around in order to recover entirely the pigeons. When all the curl-paper is ready, put it on a plate-iron and bring it about ten minutes in a very hot oven. Serve accompanied with a light half-glaze sauce.

Young pigeons "en Crapaudine." — Proceed as for chicken "crapaudine" and only with young pigeons. (See illustration, page 358.)

Pigeon pie. — Same recipe as for chicken under this name.

Stuffed pigeon "à l'Anglaise." — Hash and brown in butter one normal onion per pigeon. Also hash 1 1/2 oz. fat of beef kidneys, then wipe in stock a small piece of bread crumb; press and crumble it, then mix fat, bread, onion, one egg yolk or a full egg if two pigeons are prepared, salt, pepper, thyme, bay-leaf, sage (very fine). Stuff the pigeon, sew the opening, truss or garnish it with bardings when it is roasted (this is not necessary when prepared in a cocotte). Cook it during a long time in order that stuffing is well reached. It is generally served in roast, but it can also be prepared with sauce, with the convenient garnishing.

In England, chicken, ducks, geese, turkey hens, are stuffed in this way. The fat of beef kidneys is much used in the English cuisine and also in some "entremets," as stated in this book.

Ballotine of pigeon "à la Dreux." — Same proceeding as for chicken ballotine, but here the brown sauce is more convenient. A Financière garnishing is made, without quenelles, as there is stuffing in the pigeon, or it is served with the ordinary pigeon garnishing, such as : small peas, turnips, olives, mushrooms, etc.

Cold preparations of pigeons

Young pigeons "Foyot." — Empty, singe and bone a pigeon, not damaging the skin which must be entire. Keep the fillets. With remnants of flesh, hash them, mixing same quantity of veal meagre and same weight of garnishings of fresh goose liver, or in default preserved goose liver. Wet this stuffing with a full egg and season it. Spread a couch of this stuffing in the inside skin of pigeon, put upon some fillets of pigeons crossed with collops of goose liver and truffles. Recover with remnant of stuffing. Envelop with the pigeon skin and make a small galantine which is surrounded with a light cloth stringed in some places. Put then in a casserole where some jelly is poured. Bring to ebullition and slowly cook during $\frac{3}{4}$ hour. Drop and let the ballotine get cold under a light pressing. Nap with brown Chauffroid with portwine, decorate with truffles and jelly, as for a galantine.

Medallions of pigeons with jelly. — Exactly prepare as the pigeons "à la Foyot," do not nap them with sauce, but cut them in slices of $\frac{3}{4}$ inch. which are napped with a brown Chauffroid. Decorate with half-pistachios and small motives of truffles and white of hard-boiled egg. Glaze in jelly and serve in a round dish, in crown, with potatoes Reinette apples and nut salad, mixed with Mayonnaise. Surround with chopped jelly.

The ducks

Young duck with green peas. — Same proceeding as for pigeons, taking in notice the duck's age for the time of cooking.

Young duck with marmelade. — Same proceeding as for the pigeons.

Young duck with olives or turnips. — Proceed as for pigeons.

Young duck with oranges. — Braise the young duck as stated for pigeons with olives. When it is cooked, remove the grease and strain the sauce; add juice of two oranges and zest of three oranges, finely cut in small fillets and boiled 3 minutes in boiling water. Do not let boil the sauce. Cut the duck and recover it with sauce, then garnish around with slices of oranges, without skin and pips.

Duck "en chemise à l'Ancienne." — Stuff the young duck with the following stuffing : 4 ozs fat bacon tossed with two chopped onions, add $\frac{1}{2}$ lb. poultry and duck livers and if desired raw goose liver, chopped parsley, salt

and spices. Let the livers to be bleeding and strain all through tammy; mix some bread crumb, whipped in stock and pressed. The young duck is then sew and recover with a pork bladder, then with a serviette. Poach about one hour in a very seasoned brown foundation sauce, prepared in advance. Serve with brown sauce made with remnants of duck's broth and aromatized with madeira. This dish is very appreciated when cold.

Young duck "à la Rouennaise." — Take a young duck and roast it in a very hot oven, keeping it very bleeding. Separate the legs and terminate the cooking on grill. Cut the chest in fine and thin "aiguillettes" and put then in a warm dish, garnished with a pinch chopped shallots. Powder with salt and pepper and press the carcass in order to have the blood and mix half a glassful red wine. Pour this juice on the "aiguillettes" and put the dish in a broiling oven during some minutes in order that blood is coagulated. Put the cut and grilled legs at each end, together with the pieces of wings and serve immediatly.

Young duck "à la Niçoise." — Empty, singe and truss a young duck. Brown it in a casserole with butter, then garnish it with mushrooms, cut tomatoes, whited olives, a "bouquet garni" and very small quantity of garlic. Add a glassful white wine, half a glassful Cognac and a spoonful stock. Simmer until complete cooking, remove the grease and arrange in surrounding the duck with its garnishing.

Young duck "à la Valenciennes." — Toss the young duck in butter in a cocotte and wet it then with a good half-glaze sauce, somewhat clear, season and let it slowly cook during at least $\frac{3}{4}$ hour. Twenty minutes before serving, brown in butter $\frac{1}{2}$ lb. good quality rice, wet it with a $1\frac{3}{4}$ pint stock, two spoonful tomato mash, season and slowly cook during 20 minutes, then add a good handful fresh peas cooked apart and 2 ozs rasped cheese. Arrange the rice in crown, cut the duck, first by the chest, in fine "aiguillettes" which are put on the rice; cut the legs and carcass in pieces and put them in center. Mix then in the sauce 2 ozs mushrooms, 2 ozs ham, 2 ozs tongue "écarlate" and a truffle, all cut in filets like a "Julienne" and recover the duck with this sauce.

Young duck "à la d'Orsay." — Empty and clean a young duck, stuff it with a gratin stuffing obtained with : 5 ozs minced calf's liver melted in butter with a chopped shallot, salt, pepper, thyme, bay-leaf and parsley; toss all during some minutes and crush. Then strain through tammy. Stuff the duck, truss it and toss it in a cocotte, then wet it with some madeira and $1\frac{3}{4}$ pint half-glaze sauce prepared in advance. Season and slowly cook during 50 minutes. Strain and degrease the sauce, cut the young duck in fine "aiguillettes" (only the chest).

Arrange it in middle of the dish and surround with a garnishing composed of emptied tomatoes, poached in butter and filled with Soubise mash, alternated with small croustades of new peas, with butter. Serve the sauce apart and lightly sprinkle it on the duck. Serve very warm. (See illustration, page 359.)

Young duck "à la Mistral." — Prepare a stuffing with 7 ozs poultry liver and a duck liver, all cut in dice and tossed in butter. Add two finely chopped shallots and 5 ozs mushrooms, wet all with 3 table-spoonful madeira and season with salt and pepper. Cook "à l'étuvée," then drop it and crush it in the mortar. Strain this mash through tammy and let it get entirely cold. Stuff a nice young duck which has been plucked, emptied, singed and trussed. Toss, this duck with 1 1/2 oz. fresh fat bacon, rasped and melted; maintain it somewhat bleeding.

Arrange the duck on a fried bread croûton, put in middle of an oval, warm and hollow dish. Nap with half-glaze sauce, surround with garnishings, in alternating : stuffed olives and straw-potatoes. Then on each side of duck's chest, put slices of cèpes, sweetly stewed and overlapping one on the other. Terminate with slices of truffles and cooked mushrooms, put in middle of duck's chest. Serve it warm with the sauce apart.

Duck with figs. — Take about 15 green or red figs, not too matured, and macerate them 24 hours in half a bottleful white wine, Sauternes in preference. Toss the duck in a daub-pan and when it is well glazed, drop the grease and wet it with figs wine and 7/8 pint half-glaze sauce, well cleaned. Season with salt, pepper and a "bouquet garni." Surround the duck with a small Mirepoix of carrots and tossed onions, and cover. Bake first in oven during 35 to 40 minutes, then strain the sauce, degrease it entirely, put it around the duck and add the figs. Continue a very slow cooking, for well mixing duck and figs. This delicious dish can be served warm or cold. In this case, the sauce is somewhat reduced in order to make a jelly. Before serving, add a fillet Fine-Champagne to the sauce.

Young duck, tossed in pan "à la Chipolata." — Toss the duck (or braise it if it is more ferm) with a light half-glaze sauce. Cook around small onions, first tossed in butter, then 10 minutes before complete cooking, add 5 ozs grilled sausages "Chipolata" and 4 ozs raw mushrooms. Braise apart 1/2 lb. chestnuts. Arrange the cut duck with the garnishing and put upon the well degreased sauce. Put the chestnuts at each end of the dish.

Duck "à la Presse." — Roast, keeping it very bleeding (for suffocates (strangled) ducks, no drained). 18 to 20 minutes baking in a very hot oven. Separate the legs which are not cooked and which are not served; they will be prepared in another way, on the following day.

Cut the chest in fine "aiguillettes" in all their length and put them back to back on a long somewhat lukewarm silver dish. With the pressing for meat gravy, press the carcass cut in pieces and which remains very bleeding and pour upon, during the work, a great glassful good red wine. In the gravy obtained from pressing, add some Cognac, pour on the "aiguillettes," seasoned with salt and pepper, put the dish on a dish-warmer and carefully be attentive in order it is not boiling, as the mixture with sauce must only be made by coagulation of blood, as for a civet.

This is the duck "à la presse du Grand Frédéric," where it is always prepared before the client. This dish keeps only its qualities when immediately eaten.

Duck civet. — Drain the duck and keep the blood. Then proceed exactly with the cut duck, as explained for the cock with wine.

Young duck Pompadour "à la Mirabeau." — Stone 1 lb. great olives with a small tube and stuff them with the forcing-bag and a small fancy-pipe, with some stuffing of veal quenelles. Put them in boiling water 4 or 5 minutes, for poaching the stuffing, drop them and let get them cold. Cut obliquely in two parts a certain quantity of olives and put them side by side in a somewhat large timbale, strongly buttered. The mould is to be entirely garnished. Put upon the olives, some quenelles stuffing.

This will be prepared in advance and put in a cool place. Also cook in advance the duck, in a cocotte, and proceed as for preparing with olives. Cut it and let it get cold. Degrease the sauce and keep it warm. Put the pieces of duck in timbale with some stuffing and poach in bain-marie in oven during $\frac{3}{4}$ hour. Remove from mould on a round dish put around surplus of duck garnishing and serve apart the sauce. (See illustration, page 411.)

This constitutes a nice presentation for a great dinner.

Cold duck dressings

Great part of cold dressings for chickens or fattened pullets are applicable to the ducks. But the sauce Chauffroid must be brown. Very nice dishes of cold duck are presented, such as :

Young duck Chauffroid with port-wine. — Roast the day before a nice young duck, keeping it somewhat bleeding. Toss the giblets cut in pieces, in a casserole, and powder them with flour. Brown the flour, wet it with 1 $\frac{1}{4}$ pint aspic jelly, add some tomato and very slowly cook during 2 hours in removing grease from sauce, from time to time. When the duck is roasted, degrease the dish and gravy with a glassful port-wine which is added to the sauce. Strain it and let it get cold. Cut the small duck in fine "aiguillettes" in sense of length (in the chest), put them on a plate-iron and nap with sauce, nearly seized. Decorate with truffles and when sauce is entirely seized, put the fillets of young duck on a long and somewhat hollow dish. Recover them entirely with a good port-wine jelly, nearly seized, and put in a cool place.

Duck "à la Néva." — Pluck, singe and truss a nice duck. Stuff it with gratin stuffing, added with 5 ozs truffles cut in dice. Poach the duck, when stuffed, in a good remnant of jelly with madeira. When duck is cooked, drop it and let it get cold, then with remnants of its gravy, prepare a brown Chauffroid and nap the duck. Decorate with truffles, arrange on a rice socle, glaze with jelly. Garnish borders of this with jelly croûtons.

Duck "Vendôme." — Roast and let a duck get cold. Keep the "aiguillettes" and wipe them in a brown and half-seized sauce Chauffroid. Fill inside the carcass with a goose liver foam mixed with gratin stuffing, per

half, well seasoned and 6 table-spoonful thick cream. Put the "aiguillettes" upon the liver foam, in their place, for reconstituting the duck. Entirely nap it with a sauce Chauffroid, decorate with truffles, recover with half-seized jelly. Arrange on a socle surrounded with chopped jelly, quarters of orange napped with jelly and small tomatoes, hollowed and filled with a fine salad of asparagus points. (See illustration, page 360.)

Young duck with cherries "à la Montmorency." — Roast the duck the day before, keeping it lightly rosy, then let it get cold. Also prepare on the day before a good port-wine jelly; then prepare a gratin stuffing for filling the duck. Cut the chest in long fillets, not touching to the legs which are adherent to the carcass. Fill the latter with gratin stuffing and reform the chest.

Put upon the duck fillets and nap all with a good brown sauce Chauffroid with port-wine. Decorate the top of chest with well cold cherries which are poached in some sugared Bordeaux. Then serve the young duck on a rice socle, surround with chopped jelly and put a nice border of nice Montmorency cherries, well glazed in small jelly moulds. This estival dish is much appreciated. (See illustration, page 361.)

Salmi of glazed duck "à la Voisin." — Cut the duck in fine "aiguillettes" and symmetrically the fillets of roasted duck, then hash the carcass, the neck, the giblets and duck's liver and add some garnishings of truffles. Make a Mirepoix in butter, add the hash of carcass and giblets of duck, and some reduced half-glaze sauce. Toss all and wet with some port-wine. Then reduce all until thick consistency, season and strain through "chinese" tammy. With the cold reduced sauce, nap the duck's fillets. Cut also collops of goose liver, cooked with madeira and rounds of truffles. Put in a silver timbale, crossing the duck's "aiguillettes," the goose liver and the truffles. Terminate to fill the mould with jelly and serve it well glazed.

Duck's aiguillettes "à la Dino." — Roast a nice young duck having a good chest. Also prepare the day before and poach in madeira or port-wine, with two truffles, on nice goose liver about 1 lb.

Then prepare a brown Chauffroid with jelly and giblets of duck, slowly cook, during a long time, degrease, strain through "chinese" tammy and let it get cold.

Cut the duck's chest in fine and long "aiguillettes" and recover them with a mash of goose liver with the forcing-bag and a great fancy-pipe. This mash will be obtained with the cooked goose liver, strained through tammy and mixed with 4 ozs fine butter and a good seasoning.

Nap the stuffed "aiguillettes" with half-seized sauce Chauffroid, decorate with a slice of truffle and put them with taste in a long and hollow dish, then recover with half-seized jelly. Let all get solid in the ice-room and decorate each "aiguillette" with a fine lace of chopped jelly, and also chopped truffles cleanings.

Glazed young duck "à la Marivaux." — Very nice cold dish for which small moulds in form of young ducks are necessary (these moulds can also

be used for ice-creams). Roast in advance a nice young duck, keeping it rosy. When cold cut the chest in thin "aiguillettes." Fill the carcass with a fine vegetables salad mixed with Mayonnaise and pasted with some gelatine. Put this salad in a sharp dôme. Then wipe the "aiguillettes" in half-seized jelly, upright on each side of salad, and overlapping. Nap all with a good couch liquid jelly, then put in this jelly the small ducks of goose liver, moulded in special moulds (white iron moulds are not expensive).

For preparing the small young ducks, fill the moulds with some goose liver mash added with butter. Put them in ice during 20 minutes, wipe them in warm water to be easily removed from moulds. Imitate the eyes with two small points of truffles and then glaze them with half-seized jelly. To be more natural, mould with butter the duck's beak. Two moulds filled in several times, are sufficient. (See illustrations, page 359.)

Young duck "à la Sévillane." — Bone the duck's chest and garnish with a gratin stuffing, added with two spoonful tomato mash and a salpicon of cooked goose liver. Then sew the skin of chest and recover it with a thin cloth; cook it then during one hour in a good brown foundation sauce. When cooked, drop and unpack the young duck; let it get cold; separate the chest which is cut in slices and put in its form. Mask the duck with a brown sauce *Chaufroid* and arrange it on chopped and seized jelly; surround with green and large stoned olives, stuffed with goose liver and covered with brown *Chaufroid*. Decorate the top of chest with stuffed slices of olives.

The turkeys

The young turkeys are generally roasted, they can also be stuffed "à l'Anglaise" as the pigeons, in taking in notice the quantity of necessary stuffing.

The turkeys and turkey hens of large size, can be roasted or braised and served with sauces and garnishings, as stated for fattened pullets.

The turkey is served "à la Financière," "à la Toulousaine," "à la Jardinière," "à la Chipolata," etc. All these recipes are given for fattened pullets, and we think it not necessary to recall them. In Roast chapter, the turkey stuffed with chestnuts will be found.

The geese

The goose receive same dressings as the duck. It gives us one of the finest jewel of cuisine : the goose liver, which is completed by this exquisite thing : the preserved goose (*confit d'oies*). For this reason, it has the consideration of epicures.

The goose gives, when cooking, an exquisite grease which is well used in cuisine for dressing, principally of dry vegetables.

Braised goose "à la Lyonnaise." — Toss the goose in a cocotte or in a daub-dish and well colour it on all its sides. Drop the obtained grease and wet the goose with a glassful white wine and $\frac{7}{8}$ pint half-glaze sauce, prepared in advance. Put around the goose, twenty small onions tossed in butter, season, cover and slowly cook all during $\frac{3}{4}$ hour. Then add 20 nice chestnuts, cleaned of the two skins, then half an hour after, also put $\frac{1}{2}$ lb. raw washed mushrooms and $\frac{1}{4}$ lb. grilled "chipolatas." Slowly terminate the cooking, until all is well cooked. Serve the goose in middle of the dish and put the garnishing around. The degreased sauce is served apart.

Roasted goose "à l'Allemande." — Clean 2 lbs reinette apples and put the half cut in thick slices in the goose's inside. Roast it as above. Prepare a marmelade with remnants of apples, but do not add sugar and serve it at the same time with the goose.

Goose "en daube." — Bone the goose, as a chicken for galantine and stuff it with 2 lbs fine sausage flesh, mixed with truffles and great dice of ham and tongue "écarlate." Stuff the goose and string it lightly. Put it in a daub dish or in a cocotte (not too large) and pour around a good gravy made with veal bones and goose bones, carrots, onions and white wine. The galantine must just be bathed. Hermetically cover and bake very slowly in oven during 3 hours. Let the half get cold, then remove and take off strings from the goose. Put it in a terrine, presentable for the table, degrease the gravy and pour it upon.

Serve very hot or cold.

Goose "à la Mecklenbourgeoise" (German cuisine). — Stuff the goose with cleaned reinette apples, cut in quarters and lightly melted in butter, but not entirely cooked. Mix with these apples Corinthian raisins and of Smyrna. Stew the stuffed goose and braise it in a cocotte during 2 hours. During this time, boil and braise red cabbage in stock and accompanied with some chestnuts. Serve the cut goose with apples on one side and cabbages on the other.

Goose in civet. — Drain the goose and proceed as for duck civet.

Goose "à la Chipolata." — Same proceeding as for duck under this name.

Goose with "choucroute." — Toss the goose either in a cocotte, either in oven. Then prepare the "choucroute" as stated in the Vegetables chapter; when it is half-cooked, put the goose in middle of the obtained grease.

Arrange the goose surrounded with choucroute, potatoes "à l'Anglaise" and slices of meagre bacon which are cooked in the choucroute.

Goose with rice. — Cut the goose in pieces and proceed as stated for poultry giblets with rice.

Stew of goose with chestnuts. — Proceed as for an ordinary stew and replace the potatoes by cleaned chestnuts which must remain entire, slowly cook and well degrease the sauce.



Fig. 245. — Poultry chaufroid prepared in pyramid (second preparation, see page 339).
 Fig. 246. — Poultry aspic surmounted with a foam made with the legs (see page 340).

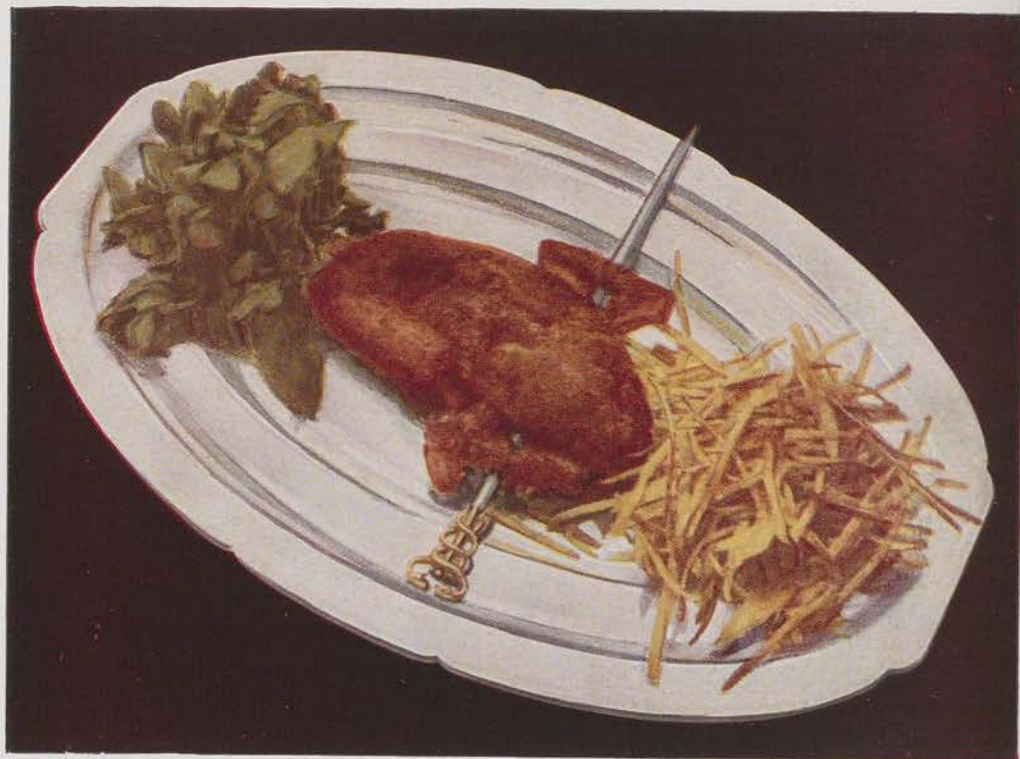


Fig. 247. — Pigeon or chicken "à la Crapaudine" (see page 325).



Fig. 248. — Small duck "à l'orange" (see page 350).



Fig. 249. — Duck "à la d'Orsay" (see page 351).

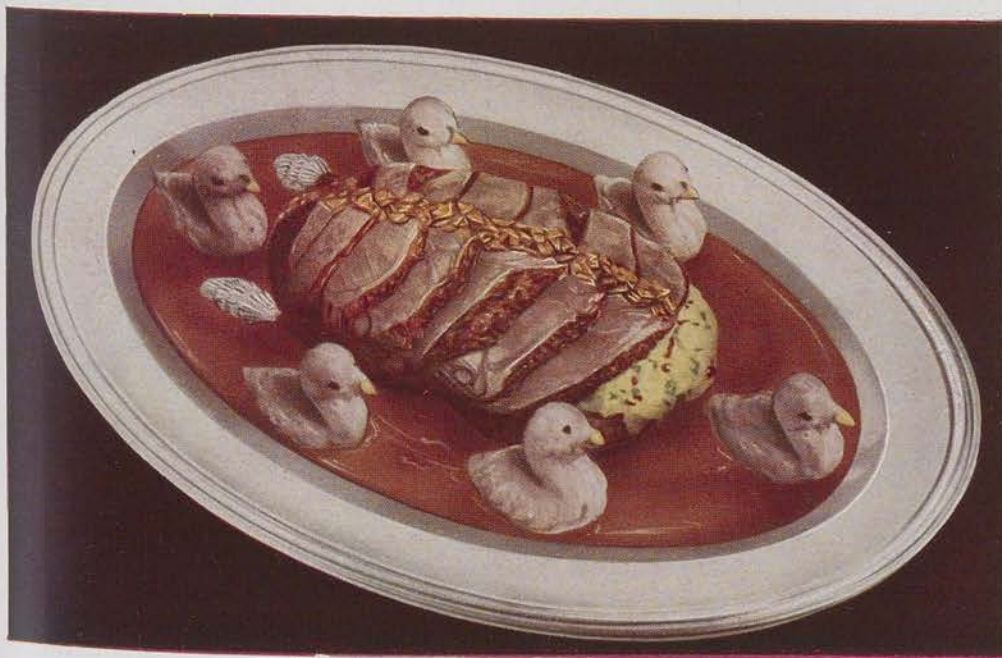


Fig. 250. — Duck "à la Marivaux" (see page 354).



Fig. 251. — Glazed small duck "à la Vendôme" (see page 353).



Fig. 252. — Glazed small duck "à la Montmorency" (see page 354).



Fig. 253. — Peach basket in goose liver (see page 370).

Fig. 254. — Truffles basked in goose liver (see page 369).



Fig. 255. — Goose liver in natural jelly or in moulded foam (see page 369).
 Fig. 256. — Medallions of goose liver "Marie-Thérèse" (see page 369)



Fig. 257. — Goose liver croustade "à la Charvin" (see page 370).
 Fig. 258. — Cornet of York ham "à la Lucullus" (see page 313).

The preserved goose (the confit d'oie)

Cut the geese in four parts, put them in salt during 24 hours, wipe them and slowly poach in the grease of goose which has been melted in advance. Do not warm too much the grease which must only simmer, as the meat would fry instead of poaching. The pieces of goose are cooked, when pricking with a needle, no blood comes from the prinking. Place the pieces in clay-jars and recover them entirely with cooking grease, well skimmed in order to eliminate all the gravy given by the meat.

If grease does not bathe the meat, it must get cold and all will then be recovered with melted lard, not warm. These preserved goose can be kept for a long time. They must be kept in small pots, which are fully used, as when placed in great pots, they would be rapidly altered through repeated openings.

The cassoulet of Castelnaudary, also called cassoulet toulousain. — Cook in advance a pound white beans, with onions, carrots, garlic, a piece of chest bacon and a good piece mutton's chest. When they are cooked, lightly brown with grease of goose 5 ozs chopped onions, add 3 crushed garlicks, then 1/2 pint tomato mash. Season, add the beans with a part of their broth. Simmer during half an hour, then pour the half of beans in a fireproof basin (sort of pie dish). Put upon one or two pieces of preserved goose, bacon and mutton which are cooked in the beans and a sausage with garlic. Recover all with remnants of beans, sprinkle some bread raspings, gratin in a moderate oven during a great hour, wetting time to time, if necessary with beans broth. Serve it as it is in the dish.

It is preferable to cut the mutton, bacon, goose and sausage in pieces in order that serving is facilitated. If there are no preserved goose, a piece of roasted pork will be put, it will braise in gratining with the beans. Keep these very soft, in adding some gravy if necessary.

The goose liver

The "Foie gras" are divided in two parts : geese livers and ducks livers. They come from the Alsace or the "toulousaine" country. These latters are more soft and can more melt. The Alsace livers are more ferm. In Tchecoslovakia, they can be obtained in a fresh state, all during the year.

It must be noted that cooking can be made for an entire goose liver, in croûte, in terrine or in casserole. The cooked liver must always be rosy not bleeding. It is prepared in slices as for calf's liver, floured and tossed in butter.

Cooking in a pie-dish with port-wine. — A good goose liver must be prepared as follows : it must be rosy, ferm to the touching and brilliant. First keep with the knife the green part touching the gall, then season the liver with salt, pepper and four spices. Put in cocotte with 1/4 bottleful port-

wine (which can be replaced with madeira, champagne or a good white wine). Add two or three fresh brushed truffles and marinate during 24 hours. Recover with a pork's caul and poach *without boiling* in a well closed cocotte with wine and truffles. The best cooking is in oven : 22 minutes for a liver of a pound; 35 minutes for 2 pounds.

The liver can be served warm with an half-glaze sauce mixed with well degreased gravy wine or served cold with jelly, also add with wine for clarifying it. The truffles are used for decoration of liver.

Cooking of goose liver in croûte. — Macerate the liver with port-wine or another wine and truffles, during 24 hours. Knead then a paste with 1 1/4 lb. flour, some salt, 5 ozs lard and sufficient quantity of luke-warm water for making a paste which will be rolled, without being too much elastic.

Separate it in two parts and make two great round thin sheets of 1/4 inch. thickness.

Put the liver on each, wet all around put the truffles. Recover with the second sheet and hem the borders, repleting the paste for well assuring the joining. Make a little hole in the middle and bake it during 50 minutes in a very hot oven. If the liver is eaten when warm, cut the top of batter and wet with some good half-glaze sauce, with madeira. The warm liver is eaten with the spoon, with the sauce apart. The batter is not eaten.

Goose liver "à la Périgourdine." — Prepare a very good sauce Périgueux with slices or quarters of truffles. Poach the liver, arrange it on around dish and recover with sauce, putting the truffles upon or around. The goose liver must also be "nailed," i. e. quarters of truffles are put in the goose liver before cooking them.

Timbale of goose liver "à la Cambacérès." — Take a half-spherical mould. Well butter it with soft but not melted butter. Poach large macaroni in all their length, drop them on a serviette, cut in small pieces of 1/4 inch. long and put these macaroni pieces around the mould (side by side). This is a very long work to do, but which can be made on the day before. Keep the mould in a cool place in order that butter adhere with the macaroni. Garnish all with some panada quenelles stuffing, which is put with wet fingers, on 1/3 inch. thickness. Fill the mould with a stew of goose liver in dice, mushrooms and truffles mixed with a short madeira sauce and all well cold, which has been prepared the day before. Close the timbale with a couch of stuffing and poach in oven, during 40 minutes, in bain-marie. Remove from mould on a round dish and put around a crown of goose liver medallions, if all has not been put in a timbale; put upon a round of truffle and recover with warm madeira sauce. (See illustration, page 412.)

Serve this nice and delicate dish, which has the aspect of a bee-hive. The broth of macaroni can be lightly saffroned in order to have a nice golden yellow.

Strasburger "Mousseline." — It is one of the nicest dressings which can be made. The goose liver is put in center of a "brioche mousseline," naturally without sugar. Macerate the well seasoned liver, introduce some quar-

ters of truffles, recover and cook it in a cocotte during 20 to 25 minutes for a liver of 1 pound, as it must not be entirely cooked; drop and let it get cold.

On the day before, an ordinary paste for "brioche," without sugar, will be prepared (see pastry). Make a sheet of paste with the roller, keeping it somewhat thick and introducing in a great mould for "brioche mousseline" or in default in a high and narrow casserole with a thick and well buttered bottom. Drop the liver and put it upright in the mould. Put down the point if it is somewhat long and close the timbale with same batter, well thick and joined with egg to the mould's batter. Paste around the mould a great sheet of white paper, exceeding from about 3 inches. Put the mould in a moderate warm and when it has well raised, put this "brioche" in a somewhat warm oven, during a good hour. When a needle is put in center of "brioche" and removed warm and dry, the dish is therefore cooked. Serve warm or in preference cold.

The warm entire goose liver, can be garnished in "Financière," with poultry breads, fresh morils, rizotto, etc.

Collops of goose liver "Lucullus." — Instead of cooking and serving the goose liver entirely, present it in collops. Cut nice slices of the raw goose liver, season them with salt, pepper and spices, then marinate them with a glassful madeira and cook them with butter in a pan, proceeding as for calf's liver. Serve on croûtons on a round dish, degrease the pan and deglaze with the marinade, add a good half-glaze sauce and simmer slices of truffles; put these on slices of goose liver and recover with the well buttered sauce. Serve very hot.

Medallions of goose liver "à la Napolitaine." — Prepare the goose liver in the same manner and arrange it in a large croustade, made in advance, and filled with fine macaroni prepared with cream and truffled. On each medallion, put a slice of truffle, lightly recover with a good veal gravy or poultry, somewhat tomated and mixed with some fecula. The macaroni can also be made with cream; in this case some cheese must be added.

Surprises of "Périgord." — Cook with madeira cleaned truffles, of same size. Drop, empty them and fill with a foam of goose liver or poultry. Serve the broth for making a Périgueux sauce. Arrange the truffles, napped with this sauce, on a dish. Put the remnants in a sauce-pan. Serve this well warm.

"Soufflé" of warm goose liver. — First crush 4 ozs noix of veal, well denerved, with salt, pepper and spices, add 7 ozs raw goose liver, then 2 full eggs and 2 egg yolks. Strain this mixture through tammy and work it on ice with spatula. Add 4 ozs well fresh cream, little by little. Season and terminate with 3 whites of eggs, in well ferm snow.

Garnish in the 3/4th a porcelain for "soufflé," well buttered. Put a good couch of slices of cooked truffles between two couches of mixture. Cook this soufflé in boiling bain-marie in a moderate oven during about 25 minutes and serve when ready. Generally it is accompanied with a Périgueux sauce.

Medallions of goose liver "à la Piémontaise." — Arrange the medallions, tossed in butter on a border of rizotto, tomated or not, according to taste, put a slice of truffle and some sauce Béarnaise around the medallions, or nap them with sauce and put the truffle upon.

Nota. — Independently of the above recipes, where the goose liver is presented alone, it can also be used either as meat garnishing, either for stuffing poultry, either for making "surprises du Périgord," either in a buttered mash, made like small balls and rolled in chopped truffles. It is always appreciated, when it is not too cooked and when the middle remains rosy.

"Friands" of goose liver. — With the roller, make with a puff paste a thin sheet in which rectangles are cut. Put in middle a small stick of cooked goose liver or buttered goose liver mash. Lightly wet borders of rectangle, put down the paste for covering well the goose liver, lightly glaze the top and make oblique scratches. Bake 12 to 15 minutes in a warm oven.

Cold dressings of goose liver

The goose liver must always be poached with a good wine which will be added to the accompanishing jelly. The goose liver is also cooked with truffles, but less time is necessary for cooking of truffles. They will therefore be put 1/4 hour or 20 minutes before complete cooking of goose liver. The more known of cold dishes, is the following aspic :

Goose liver aspic. — The poached and cold goose liver is cut in slices of 1/3 inch. thickness. Cut these slices in rounds of 1 2/3 inch. diameter with the round and smooth punching press, wiped in warm water. Paste upon the middle of each some half-seized jelly and a round of truffle. Then garnish with jelly an aspic mould with central fancy pipe. Put the rounds upright in bottom of the mould. Fill the voids with some goose liver and recover with cold jelly, but liquid, the first range of rounds. Let it seize on ice. Proceed in the same manner for a second couch of goose liver and for a third, if necessary. When the mould is filled, keep it on ice and at the time of serving remove it from mould on a serviette. (See illustration of Lobster aspic, page 233.)

No jelly is put around the aspic, as the mould contains a sufficient quantity.

Foam of goose liver with jelly. — Strain through a very fine tammy a goose liver of 10 to 14 ozs, cooked on the day before according to the recipe given. Strongly beat this mash, and add 3 ozs well soft and fine butter, then little by little 4 ozs fresh cream, half whipped.

Season to taste with salt, paprika and 4 spices. Keep this foam in a cool place. During this time, garnish with jelly a timbale mould, arranging as for the goose liver aspic. Decorate the bottom and around with great slices of truffles cut with the punching-press. Mix with quarters or slices of truffles and pour the foam in the mould which will be filled with jelly.

Let it seize on ice and demould on a well cold and round dish surround with chopped jelly and garnish borders of dish with nice and well cut croûtons of jelly.

This foam of goose liver is also for filling the inside of a poultry or a cold game, such as the fattened pullet "à la Néva," the duck "Vendôme", the pheasant "à la Bohémienne," etc...

Foam of goose liver in mould or "Alexandra." — Same mixture of foam as above, but arrange in a white iron mould having the form of a goose liver. Seize on ice, demould, nap with jelly and truffle. It is then presented as the ordinary goose liver, and a not well cooked or too dry goose liver can be used. (See illustration, page 362.)

Bread of goose liver with jelly. — The day before, poach, with madeira or port-wine, a goose liver and some truffles. Let it get cold in its cooking. Drop it and degrease it. Reduce on direct fire with like a nut of meat glaze, until there only remains 2 spoonful madeira. Pour it in a small casserole and add 2 egg yolks. Let it seize in Bain-marie, stirring with the whip, until to have a thick cream. Then add 5 ozs fine butter, 1 oz. grilled and crushed hazels, which will give an exquisite and indefinable taste. In this sort of sauce, mix the goose liver, strained through tammy and some slices of truffles. Season and put it in a mould, surrounded with ice and decorated with truffles, as for the goose liver foam, to which the bread has some analogy. Arrange as for the foam with chopped jelly and croûtons. It is more superior, as regards the fineness to the foam.

Medallions of goose liver "Marie-Thérèse." — On a goose liver, poached with truffles in Champagne, cut round collops and recover them with a thick couch of goose liver foam. Put some white sauce Chauffroid, decorate with motives of truffles and nap with jelly. With remnants of collops, reduced to a buttered mash, make small balls which are recovered with some tomated and reddened Chauffroid, in order to give aspect of cherries and nap them with jelly.

Arrange the goose liver medallions on border of a great rice socle. Put in middle another rice socle, smaller than the first and arrange the cherries as a bush. Surround borders of great socle with nice jelly croûtons and garnish the voids with chopped jelly. (See illustration, page 362.)

Truffles in surprise with jelly. — Strain through tammy 1/2 lb. cooked goose liver, mix 4 ozs soft fine butter and make small balls (size of great nuts). Keep them one hour in an ice-room. Round them with the hands and roll them in some chopped truffles, as imitation of natural truffles, nap with half-seized jelly and serve them in bush, either in a basket, either as garnishing of a cold dish. (See illustration, page 361.)

Strasbourg savcaries. — Prepare a mash of cooked goose liver and butter (proportions : 5 ozs fine soft butter for 1 lb. goose liver). Well mix and season all, then fill the two sides of small moulds in tin or white iron, having the form of very small goose livers. The moulds must be more than filled,

in order that the shutting is somewhat forced and that the surplus of mash overflows. Put them in crushed ice; after 20 minutes plunge them quickly in hot water, then remove from moulds. Decorate with truffles and glaze them with jelly. Arrange on chopped jelly, around a cold dish with jelly or even in a very gracious basket made with noodles paste, in advance.

Goose liver croustade "Charvin." — Cook a croûte of pie paste in a squared mould for "manqué." Let it get cold, put in bottom a couch of goose liver cream, and upon a couch of goose liver slices, then a thin couch of jelly. Let it seize, put a thin galette of puff-paste, well cooked and cold, on which put a couch of mash, a couch of slices, some nice slices of truffles and then a last couch of jelly which must fill the croûte. Let it in a cool place during 2 hours and with this puff-paste in the middle, it is a very exquisite dish. (See illustration, page 363.)

Basket of peaches in goose liver. — With white iron moulds for peaches, garnish them with goose liver mash and put a stone of truffle in the middle. Glaze, remove from mould, nap with sauce Chauffroid, as stated for the fattened pullet "Montreuil" and arrange in a basket as for the truffles "surprise." (See illustration, page 361.)

How to easily make a basket with noodles paste. — Instead that basket's appearance can mean that the execution is somewhat difficult, it is contrarily more simple and it can be made several days in advance and can also be served in several times. First cut an oval or round bottom, according to the case, in a thick slice of old bread (about 1 inch.). In this bread, pieces of great macaroni, breaked in regular length and put in regular distance, are put inclining them outside and the most important thing, putting an uneven number : 15, 17, 19, etc... according to the basket's size. This constitutes the carcass of basket. The wicker-work must be made with fresh noodles, of 1/6 inch. large and as long as possible.

They are taken one by one and crossed going before and behind the pieces of macaroni. If those are in an equal number, the work would always go on the same side.

The black pictures are showing the method for dealing this basket, which is then plunged in boiling frying during 6 to 7 minutes. (See fig. 51, 52, 53, page 42.)



THE GAME'S ENTREES

The game so varied and so savoury as well in England than in France, can only be served during a period esteemed too short by the epicures.

The game is divided in two parts : hair-game and game-birds.

In the first part, we have : the hare, the venison, the wild boar, etc., and in the second part, we have : the pheasant, the partridge, the thrush, etc...

The hare

A young hare is recognized when the muzzle is somewhat slender. If it is squared and flattened as a muffle, the hare is old. Further a protuberance, like a small lentil, can be touched between the two bones, under the fore-legs, which is not maintained when the hare is old. Its ears are also more slender when it is young.

The ordinary recipe for the hare is the : civet.

Hare civet. — Marinate during 48 hours, the cut hare with red wine (when it is not too gamy). Sponge it and toss it on direct fire with some grease in a cocotte, powder it with flour and let it brown. Add a liquor glassful Cognac and flame; put a crushed garlic and 2 minutes after, wet the hare with red wine of marinate and same quantity of water. Add salt, pepper, 4 spices, a "bouquet garni" and tomato mash. Cover and cook during 20 minutes, add then about twenty small onions, tossed in butter, 5 ozs lardoons of meagre ham, boiled one minute and tossed. Also cook during one hour, degrease a few the sauce and complete the garnishing with 1/2 lb. well cleaned raw mushrooms. When all is cooked, mix the hare's blood (this is indispensable) with some spoonfuls sauce and pour all in the cocotte. Mix, give one simmering and serve. Facultative fried croûtons around.

Hare civet with chestnuts. — Same proceeding as above, replacing the mushrooms by 1 lb. nice chestnuts which are cut and grilled in oven to be decorticated until they are nearly cooked and in this manner they would not be crushed in terminating their cooking in the civet.

Tossed young hare forestière. — A very young hare is prepared such as a rabbit. Cut the pieces, toss them on direct fire in a pan and powder them with flour. Wet with a glassful white wine and same quantity water for covering the game. Put some tossed onions, garlic, salt, pepper and a "bouquet garni", cook 30 to 35 minutes, then add morils, tossed in butter. Cook again 1/4 hour and serve surrounded with grilled slices of bacon.

Hare "à la Royale" (1st recipe). — An entire hare is necessary and of which the blood is removed. Keep the heart, liver and lungs, which are reserved. Put the hare in a long cocotte and garnish the bottom with bacon, rounds of carrots, onions, shallots, garlic and "bouquet garni." Lightly toss on fire, wet with a bottleful good red wine and a madeira-glassful wine vinegar. Season with salt and pepper in grains. Cover and slowly simmer, during 2 hours. During this time, finely hash 6 shallots and 3 garlicks, liver and lungs of the hare, all reduced such as a mash. Mix this mash with the hare blood; strain this broth through the fine strainer in order to eliminate bardings and vegetables. Then put the broth in the cocotte and when it is boiling, add little by little the blood and hash which are delayed on the side of fire in order to avoid ebullition. Let it poach until that blood has the appearance of a cream, not too thick. Strain then this sauce through a fine tammy, mixing with the wooden crusher. Arrange on a long dish and wet with this excellent sauce, of which the seasoning has been verified.

Hare "à la Royale" (2nd recipe, Perigord method). — Take a nice hare of the mountains, empty it, open and bone entirely the interior, without damaging the skin. This is a very delicate operation.

Hash 3/4 lb. fresh pork, 3/4 lb. fat fresh bacon and the hare's liver; make a very stuffing which is strained through tammy, well season and truffle it. Put a couch all along the hare's inside, put upon slices of raw goose liver, truffles, pieces of cooked ham, recover with another couch stuffing, roll the hare in a muslin, such as for a galantine, put it in a "brasière" or in a fish-dish in order it is kept in all its length. Wet with a good gravy, prepared in advance with tossed bones of hare and onions and carrots. Make such quantity of gravy to bathe the hare in the 3/4 and cook during 3 hours with small simmerings and well covered. At the end of cooking, put some cognac and degrease the sauce which is mixed at the last minute with the reserved hare's blood.

Cut the hare in slices, like a sausage, nap it with sauce and serve with a chestnuts mash, but apart.

Small loafs of hare "à la Normande." — With a leg of hare, well boned and denerved, a good "entrée" can be obtained. Crush very finely this flesh with salt, pepper and spices; mix 1/2 pint Béchamel, rather thick and cold, 2 spoonful thick fresh cream and 2 full eggs.

Strain this stuffing to the iron tammy, poach it in small buttered babas moulds, put in bain-marie, in oven, during 10 to 12 minutes, before serving. Demould on a round dish and nap these small breads with a warmed double cream, salted, peppered and mixed with lemon juice.

Garnish center of the dish with a marmelade of acid apples, without sugar.

The saddle of hare. — The saddle is the back of the animal, from the first ribs up to the legs. In general, the reins are only kept, which are garnished with lardoons. Marinate during 48 hours and roast. Garnish with any one mash and game sauce for accompanishing.

Saddle of hare "Bergère." — Garnish the saddle with fine lardoons and marinate 24 hours in white wine and aromates. Roast it, sprinkling often with butter, deglaze the roast dish with marinate in order to constitute the roast gravy, which is reduced and added with butter and chopped parsley. Arrange the saddle, cut in pieces, sprinkle with some sauce and garnish on one side with "mousserons" (sort of fields mushrooms) and on the other side with "pommes paille." Serve apart the remnant of sauce.

Saddle of hare "à l'Aigre-Douce," sauce Chevreuil. — Marinate and roast the saddle of hare. Deglaze the pan, after cooking of hare, with 1/2 pint water. Then pour in the casserole and add 1/2 pint "Espagnole" and 1 tea-cupful double cream. Reduce this sauce and add little by little some spoonful hare's marinate. Season this sauce with salt and pepper, add a pinch sugar, some chopped shallots which are first put in boiling water. Add some Cayenne pepper to the sauce, and strain it through a stamin. Warm it and serve in a sauce-pan together with the saddle arranged on a long and warm dish. Garnish either with apples, chestnuts, etc. (See illustration, page 379.)

Hare's cuttlets Pojarski. — They are prepared with the flesh of a raw hashed hare, exactly as for veal cuttlets under this name. They are served with a sauce made with the bones.

Terrine of hare or rabbit "à la Maréchale" (Warm entrée). — Carefully bone a hare's saddle, slide the knife under the white nerves in order to separate the skin and to well remove the flesh. Cut it in laces such as for the duck's aiguillettes, giving 1/4 inch. thickness, season with salt, pepper and spices. Marinate 1 hour with 3 table-spoonful madeira or xérès. During this time, make a half-glaze sauce with the hare bones. Further prepare a delicious gratin stuffing with calf's liver. Cut in very fine dice or raspe 5 ozs fat bacon, unsalted, melt it in a pan and when it is broiling, pour 1/2 lb. well tender calf's liver, minced in fine collops, the hare's liver and 1/4 lb. poultry livers which can advantageously be replaced with goose liver. Toss all on fire, then when the liver is stiffened, pour a coffee-spoonful chopped shallots, a branch of parsley, thyme and bay-leaf, salt and melted pepper. Toss all a moment on fire, put in a mortar and crush. Strain this stuffing through large tammy, in order it becomes soft. Put a thick slices in bottom of the piedish and put it in oven for making a croûte upon the stuffing. During this time, sponge and toss in very hot butter the game's fillets, during 3 minutes for each side. They are poached and very tender. Put them on the stuffing. Upon place some cooked mushrooms, recover with prepared half-glaze sauce, well degreased.

Serve warm. This dish is delicious.

Warren rabbit "à la Jeanneton." — Arrange a wild rabbit, cut it and put the pieces in a pan on direct fire with some butter and hot oil. When they are brown, add 3 chopped shallots and some garlic, then 1/2 lb. cleaned tomatoes, pressed and grossly hashed. Let simmer all during 5 minutes, wet in half with white wine and water, add salt pepper, "bouquet garni" with a good branch of thyme. Cover the casserole and cook during 1 hour.

After this time, remove the pieces of rabbit, reduce the sauce, and strain it through tammy. At the last minute, butter the sauce, pour it on the rabbit and surround the dish with bunches of fried rounds of onions and some fried bread croûtons, chopped parsley.

Roasted hare "à l'Anglaise." — The difference is constituted that the hare is stuffed with same stuffing than for rabbit; after sewed and barded, it is roasted either at skewer, either in oven and served with a sauce pan full of currant jelly and one of bread sauce.

Purée of hare in terrine. — Prepare the hare as for a civet, first toss as stated a pound of chest bacon in dice and some onions. Then drop them on a linen and toss the hare in the obtained grease, put the bacon, season with garlic, clove, macis and a bunch composed of parsley, thyme, bay-leaf, basilic. Wet with 7/8 pint stock and mixed madeira. Salt, add pepper and a handful mushrooms. Cover and slowly cook during two hours, more in case the hare is hard.

Then drop the pieces of hare and bacon, let them get lukewarm and clean them for crushing all the meat, bacon, onions, add the purée to the very reduced cooking and strain all through large sieve. Fill small terrines with this well mixed purée, put them in bain-marie in oven during 40 to 45 minutes. Remove them and let them get cold, cover them with a couch of lard, a paper and their cover. Keep in a cool place, not wet.

The venison

Civet of Venison. — Same proceeding as for hare's civet, and making the mixing with blood, as it is the characteristic of the civet sauce. In order to replace the venison's blood, some blood can be bought at the pork-butcher's or rabbit's blood.

Venison's cuttlets "Nesselrode." — They will be marinated some hours in advance and two will be served per person. Sponge, and toss them on direct fire with some broiling oil. Arrange in crown on a round dish, and garnish the middle with a chestnuts mash. Nap the cuttlets with "sauce poivrade."

Venison's cuttlets "Belisaire." — Toss the cuttlets in hot oil and arrange them in crown with, in the middle, a celeriac mash. Peppered sauce mixed with oranges zests, cut in fine Julienne and lightly boiled two minutes, and an orange juice.

Venison cuttlets "Châtelaine." — Toss the cuttlets as above arrange and nap with a Venison sauce. Put on each a very nice small croustade of puff-paste, filled with mushrooms mash.

Venison's cuttlets with Juniper. — Toss the cuttlets in butter, deglaze the pan with some gin, add some grains of crushed juniper, a cupful cream, a lemon juice and some "sauce poivrade." Garnish the middle of dish with reinette apples cut with the hazel-spoon and baked in oven with butter.

Venison's cuttlets "à la Slave." — Toss them in butter, arrange on thick slices of braised cucumbers, recover with "sauce poivrade" and garnish the dish with cèpes.

The haunch and saddle of venison. — The haunch is entirely cleaned and denerved, then picked with fine lardoons of fat bacon and marinate during about 4 days in raw marinate or 24 to 36 hours in cooked marinate (see marinates). It is then roasted and accompanied with a garnishing and a sauce for game: "sauce poivrade," "Grand Veneur," "Venaison," garnishing of chesnuts, celery, apples, red cabbages, etc... (See illustration, page 377.)

Apart from the haunch, the saddle of venison is also served in well-treated dinners and it is more rich. It is cleaned "à vif" and garnished with lardoons, such as for a beef fillet.

Sauté of venison "à la Forestière." — This dish can be prepared with inferior pieces of venison, which are boned and marinated. Sponge the meat and toss in a pan put on direct fire and containing broiling oil, in order to seize the flesh and avoid it gives its gravy. Powder then with flour and brown, then wet with a great glassful white wine, complete with stock in order to recover the meat, add a spoonful tomato mash, salt, pepper, "bouquet garni" and crushed juniper. Slowly cook and when the meat is nearly cooked, add a good quantity of minced "cèpes," tossed in oil with some crushed shallot. Terminate the cooking of all. Degrease the sauce before serving. Put around the sauté, croûtons fried in oil.

Stuffed hazels of venison "à la Duxelles." — Marinate in advance small collops of venison. Sponge and toss them on direct fire with butter, keeping them bleeding.

Separate them in two parts, in sense of their thickness, but not cutting them entirely. Further prepare a mushrooms stuffing, called Duxelles and stuff the middle of these fillets which are egg and bread-crumbed and fried in clarified butter. They are served in crown on a round dish, together with a garnishing "Financière" mixed with a sauce "Venaison."

They can also be stuffed on the top, instead of cutting them.

Noisettes of venison "Magenta." — The noisesettes are treated as the cuttlets. Toss them in oil and arrange them on potatoes croquettes in form of thick galettes, egg and bread crumbed. Recover with a sauce "Romaine" and serve at the same time a sauce-pan of "Soubise" purée. The noisesettes are cut in the venison's fillet.

Saddle of venison "Windsor." — Picked with lardoons and marinated, the saddle is roasted and garnished with braised branches of celery and entire braised chestnuts. It is accompanied with a game sauce, sort of "poivrade," added with rasped horse-radish and cream.

Saddle of venison "à la d'Estrées." — The saddle will be marinated, larded and roasted — 12 minutes per pound. The garnishing is composed of small breads of chestnuts mash mixed with egg yolks and cooked in bain-marie in babas moulds, thick slices of celeriac, cooked in water and tossed in butter and nice grains of white "raisins," skinned if possible. Apart a sauce "Poivrade." (See illustration, page 377.)

Saddle of venison "Metternich." — The saddle is also garnished with lardoons and marinated, then roasted and arranged. Prepare a garnishing of braised chestnuts, braised red cabbages and lady-apples, hollowed, poached and filled with a currant jelly. Serve with a sauce "Grand Veneur."

Saddle of venison "à la Chevreuse." — Same proceeding. Garnish the saddle with large heads of grilled mushrooms, filled with bulbous chervil. Sauce "Venaïson."

Leg of venison "Marie-Stuart." — The leg is picked with lardoons and marinated, then roasted and garnished with croquettes, prepared in advance. These croquettes are made with a mixture of chestnuts purée and gratin stuffing (see stuffings) in the proportion of 2/3rd chestnuts and 1/3rd gratin stuffing, all mixed on fire with 2 or 3 egg yolks, cold and made in form of pears, then egg and bread crumbed and fried as other croquettes. Sauce "Poivrade" or "Venaïson" at the same time. (See illustration, page 378.)

Minced roe-deer "à la Cumberland." — Very appreciated in England, for using the remnant of roasted venison, either roe-deer or buck, reindeer, etc. Prepare the sauce in putting in the pan a glassful port-wine, 1 chopped onions 6 grains of pepper, 2 cloves and some marjoram. Reduce to half, add a spoonful currant jelly and a cupful gravy of roasted game or game sauce, strain through fine sieve, season with cayenne pepper and warm the meat cut in slices without leaving it boil.

Arrange on a round dish and surround with grilled croûtons serve with currant jelly.

Warm pie of buck or roe-deer. — Use the pieces which cannot be roasted: neck, shoulders, top of cuttlets, etc., and proceed as stated for all pies. Mix the meat cuttlets with grilled bacon, mushrooms and facultatively with minced lamb's kidneys. Cover with puffed paste and bake during 2 hours in oven. During this time with the well tossed bones, prepare a good game gravy which is introduced in the pie, when serving.

Game fressure. — The fressure is obtained with the liver, heart, milt, and game kidneys. For a young buck, the velveted part covering its small horns is added, it is cut in fine laces and fried, it is very crusty and much appreciated.



Fig. 259. — Leg of roe-buck with Chestnut mash (see page 376).



Fig. 260. — Saddle of roe-buck "à la d'Estrées" (see page 376).

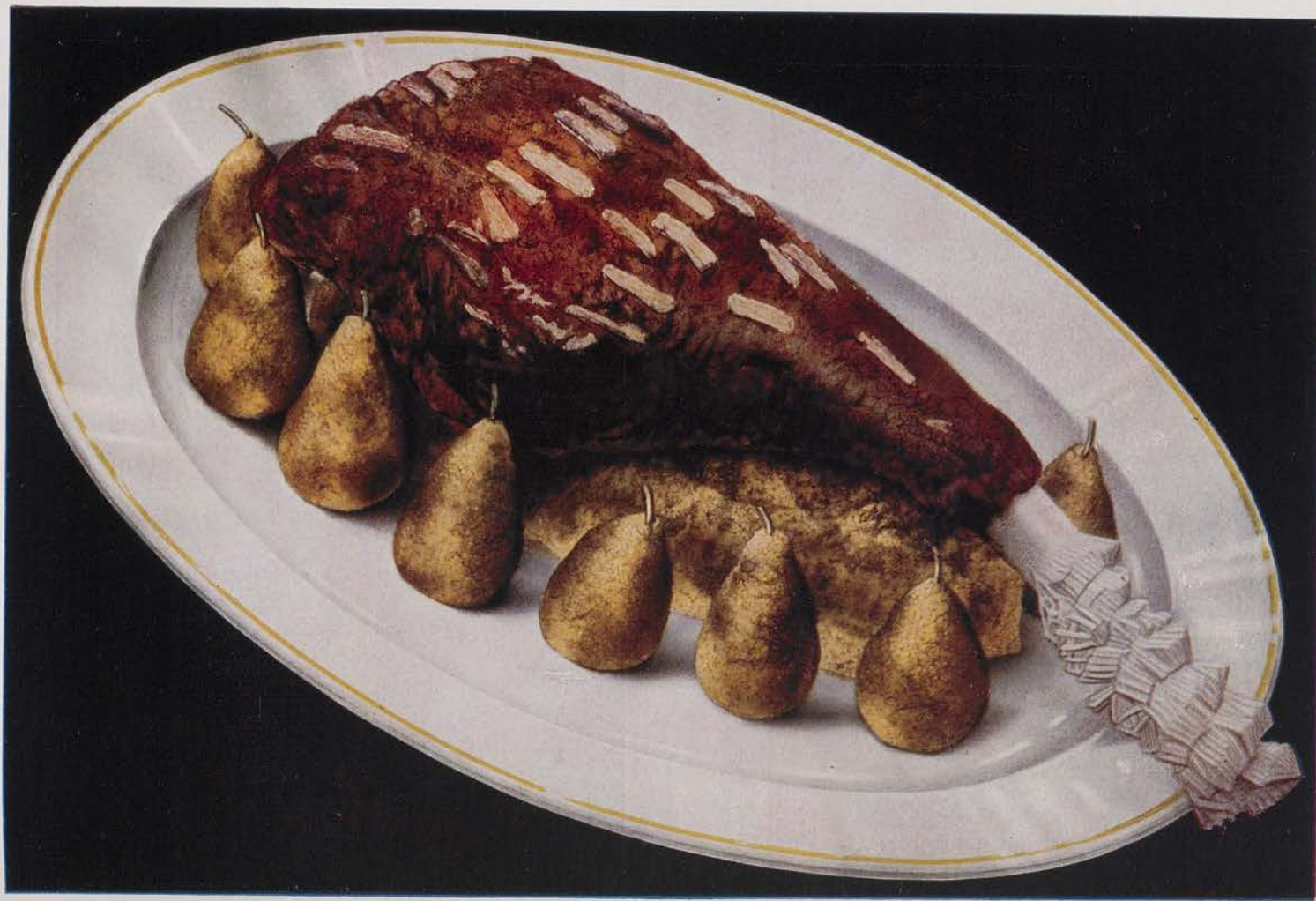


Fig. 261. — Leg of roe-buck "à la Marie-Stuart" prepared on Duchess potatoes (see page 376).



Fig. 262. — Glazed Pheasant "à la Bibesco" (see page 386).



Fig. 263. — Saddle of hare "à l'aigre-douce" (see page 373).



Fig. 264. — Glazed pheasant "à la Marie-Jeanne" (see page 387).

The fressure cut in fine slices, toss and put in pan with some boiling oil, quickly cook, powder with flour, chopped shallots, fine herbs and wet with some good gravy, season, give one simmering and immediately serve.

Milanaise of game. — Cut the remnants of a roasted venison in fine slices. Add truffles and smoked tongue and mix all with macaroni mixed with tomato and game sauce. Stew, add some parmesan cheese and pour this milanaise in a paste timbale, cooked in advance, or simply in a salad-dish or a hollow dish.

Smoked tongues of venison "à la Florentine." — The tongues of reindeers, in the old times importated from Russia and actually from the Scandinavia, are smoked with herbs which give a special taste. They are simply cooked in lightly salted water during 1 1/4 to 1 1/2 hour, according to the size and served with different sorts of vegetables, such as chestnuts, lentils, celeriac or other vegetables; "à la Florentine" they are accompanied with a spinage purée and a peppered sauce (see sauces).

It is well understood that according to the lands, all hair game can receive same dressings, the best venison game are : the buck, roe-deer, reindeer, hind and red deer, when young, the bear, the will boar, the young wild boar are also appreciated.

Further the remnants of game can be served in croquettes, cuttlets, foam breads, etc., as all other remnants of meats, but the accompanying sauce will always be game sauces and the vegetables will be appropriated to the particular taste of meat.

The wild boar and young wild boar

The wild boar is not the best of game, the haunch can only be used when it is strongly marinated. Its head (hure) is the most appreciated part. The young wild boar is much appreciated as it is more fine. Its cuttlets are researched by epicures who find a savour preferable to the venison's savour. They can also receive same preparings and presentations.

Crépinettes of young wild boar "Saint-Hubert." — Bone a shoulder of young wild boar, not marinated, but somewhat tendered. Denerve and hash the flesh 7 ozs fresh pork and 11 ozs fresh fat bacon. Well season the mixture and add 5 ozs cold chestnuts purée and 1 or 2 spoonful chopped truffles. Separate this hash in pieces of size of a large egg and put them in small squared and flat pieces of "crépine." Put them in a roast dish, recover with butter and bake them in oven during 18 to 20 minutes. Serve these delicious "crépinettes" with a vegetables purée and recover with a very light sauce "Poi-vrade."

Cuttlets of young wild boar "à la Saint-Marc." — Marinate in white wine 12 cuttlets of young wild boar with onions, carrots, shallots, pepper and

vinegar. After at least 24 hours, sponge them, pick each with 2 or 3 lardoons, toss them in a pan with oil and butter. When they are seized, put them in oven during 6 to 7 minutes, then arrange in crown on a round dish. Recover with sauce "poivrade," mixed with some filleted and grilled almonds and garnish the middle of the dish with small chestnuts croquettes.

Haunch or ham of young wild boar "à la Vernon" (Italian cuisine). — The ham can be marinated or simply tendered, but the marinate is better and denature a little its too accentuated wild taste.

Roast or braise in daub-dish and serve accompanished with a turnips purée on one side and a chestnuts purée on the other. The accompanying is a sauce Vernon, made as for a sauce "Romaine," but added with melted chocolate with water, then pignolis or filleted and grilled almonds and also some spoonful chopped preserved orange peels.

The sauce is original and comes from the Italian cuisine.

Various game

As regards the chamois, izard or bear of which the ham is only eaten, there is nothing particular and the two first can receive same dressings as venison.

The rabbits

There are two sorts of rabbits : the warren rabbit (wild rabbit — sort of game) and the ordinary rabbit : hutch rabbit and tame rabbit.

The warren rabbit is exactly prepared as the hare, in civet, cuttlets, bread and pie, etc...

It can also be prepared, such as the domestic rabbit, in "Chasseur" or in Fricassée. It can also be entirely stuffed; more easily than the hare which is somewhat long and it can be braised in its length in a daub-dish.

Stuffed young rabbit "à la Ménagère." — Carefully clean the young rabbit, keep the blood, liver, heart and lungs. Hash all with one or two onions, mix this hash with $\frac{3}{4}$ lb. sausage flesh, a piece of bread crumb soaked in cold stock and well pressed, some garlic, parsley, thyme, bay-leaf, all well crushed. Fill the young rabbit with this stuffing sew the skin of the abdomen, toss in a daub-dish with bacon, onions and carrots. Wet with a great glassful white wine and some stock. Season, cover and cook during 1 $\frac{1}{2}$ hour. Mix the sauce with blood and strain it after it has been degreased. White wine can be replaced by red wine.

Tossed rabbit "Chasseur." — Toss the cut rabbit in a cocotte containing some broiling larder. Toss it well, powder it with flour, add 2 or 3 chopped shallots and when the flour is brown, wet with $\frac{1}{3}$ rd white wine and $\frac{2}{3}$ rd water. Add salt, pepper, "bouquet garni" and tomato mash (very lightly). Cook on moderate fire during 1 hour, then add 9 ozs minced mushrooms,

tossed with oil in a pan. Quarters or entire raw mushrooms can be added and cooked with the rabbit.

Degrease and serve with chopped parsley.

Gibelotte de lapin. — Toss as above, powder with flour, add some garlic instead of shallot and wet with half red wine and half water. Salt and season, then add after half an hour cooking, about twenty small onions and same quantity of chest bacon, the ones and others tossed in butter. Also cook during 20 minutes, then add some new potatoes (when it is the season). If sauce is not frankly brown add some drops caramel.

Tossed rabbit "à la Créole." — Proceed exactly as for "Chicken à la Créole," taking in notice the necessary time of cooking for a rabbit, about 1 hour.

Entire stuffed rabbit "à l'Ardennaise." — Empty the rabbit, with keeping the skin of abdomen, which must be simply cut in all its length. Fill with a stuffing composed of : 1 lb. sausage flesh, 1/4 lb. well meagre cooked ham, 2 chopped onions, cooked in butter, a crushed garlic, salt, pepper, chopped parsley, thyme and some crushed bay-leaf. All well mixed with grossly chopped ham and also the crushed rabbit's liver. Then introduce all in the body and sew it.

Put the rabbit in a somewhat large cocotte, and roll it in crown and toss, either in oven, either on moderate fire with some lard. Put around rounds of onions and carrots, then when all is well coloured, wet with half a bottleful white wine, season and cover the cocotte. Put in oven for a very slow baking, during 2 hours.

Serve this delicious rabbit, with its degreased sauce. The rabbit is served in warm or cold pies which are delicious (see this chapter).

Boiled rabbit "à l'Anglaise." — Empty an ordinary or wild rabbit. Do not cut the skin of abdomen, stuffing as for the turkey, sew the opening and in preference recover the animal in a serviette. Plunge in a great marmite of salted water and cook it during about 1 hour. With cooking, prepare a white sauce and strongly season it with chopped parsley; the sauce can also be prepared with onions : cook in milk minced onions, salt, cayenne pepper and mix with mixed butter. Strain through sieve for making a purée and keep this sauce somewhat thick.

Roasted stuffed rabbit. — Stuff the rabbit in the same way, barde it with bacon and roast it in sprinkling, during 50 to 60 minutes. Prepare a thick Béchamel sauce, season with sage, nutmeg and spices; boil the rabbit liver in boiling water, reduce it in purée and add it to the sauce with some cream.

Pudding of rabbit. — Prepare a paste with suet of beef, as stated for roly pudding, spread with roller and put in a bowl, proceed as stated for beefsteaks pudding, put in center the rabbit cut in not too large pieces and well season; sprinkle over a hash of raw mushrooms, parsley, and shallots which are tossed in butter. Recover the bowl with paste well attached in

bottom; recover with a serviette stringed under the bowl and plunge in boiling water during 2 hours 1/2 to 3 hours. Serve with some gravy made with the cleanings of rabbit, the head, etc. and serve at the same time with grilled bacon.

Rabbit with cary. — Also called "à la Créole" (see the name).

Game-birds

Honour to whom honour is due : we therefore begin this chapter by recipes for the King of game-birds : the Pheasant.

Salmis of pheasant. — Only young birds are to be used, whatever may be their dressing. This applies for all game birds.

Roast the pheasant, keeping it somewhat bleeding, after it has been covered with bardings. During this time, prepare the stuffing : toss a spoonful chopped onion with 2 spoonful oil. When it is brown, add a shallot, then 1 minute after put a crushed garlic, some thyme and bay-leaf and 3 branches of parsley. Toss a moment on fire, pour half a glassful red wine and same quantity white wine. Reduce near entirely. Then put 1 tea cupful half-glaze sauce and let simmer. Cut the pheasant, separating the two legs, then the two wings and separating then the chest from the carcass. Remove the skin on each piece, cut the legs in two or three pieces and the chest in 5 or 6 fillets, according to the size, and keep the pieces in a warm place with some madeira, but without boiling (very important thing). Then ploy the carcass for reducing it in a fine purée and add it to the sauce, give small simmerings and put this sauce on the game pieces, add some cooked mushrooms. Do not let it boil, otherwise the meat would become hard.

Arrange the pieces in bush and pour upon the sauce. Surround with bread croûtons, cut in heart and fried in oil.

Pheasant "en cocotte." — Truss the pheasant and toss it with butter in a fireproof cocotte. When well tossed on all sides, salt and cover it. Slowly simmer during 1/4 hour, then add about 15 small onions, tossed in butter and same quantity small raw mushrooms, well washed. Lightly wet with madeira and terminate the cooking, when covered. Serve in cocotte.

Pheasant "à la Vallée d'Auge." — Proceed as for pheasant "en cocotte," but without garnishing. Sprinkle with 1/2 pint sweet cream when it is nearly cooked. At the time of serving, add lemon juice and some vinegar. Serve in cocotte with a timbale of apples marmelade without sugar.

Pheasant "en Chartreuse." — Recipe for a pheasant, which is too old to be roasted.

Garnish a great buttered timbale mould with vegetables cut like small cubes and arranged with taste. Braise the pheasant with cabbage and proceed as for partridge "en Chartreuse."

Pheasant "à la Demidoff." — Cut the raw pheasant and toss it with broiling butter, such as for a chicken. Wet it then with a glassful madeira and recover with Demidoff garnishing; thin carrots cut in "half-moon," minced branches of celery, and slices of truffles. Cover and bake all in oven. Strongly boil carrots and celery which are longer for cooking than the pheasant. Mix the sauce with some fecula and arrange all together.

Pheasant "à la Souvaroff." — Put a raw goose liver of 1 lb. in the pheasant the liver is picked with pieces of raw truffles and well seasoned. Truss the pheasant and toss it in butter in a casserole. When it is well brown, put in a fireproof porcelain cocotte, add some truffles or pieces of truffles, wet with 1 tea-cupful very fine madeira sauce and hermetically cover the cocotte with a lace of paste around its cover. Bake then in oven during 30 to 40 minutes, according to the pheasant's size. Serve as it is on a serviette and only remove the lace of paste when on the table.

Pheasant "à la Périgueux." — Garnish the pheasant with raw brushed or cleaned truffles, such as for the truffled fattened pullet. Keep it two days in a cool place and cook it in cocotte with half a cupful madeira. Add this broth to a good half-glaze and mix cleanings of truffles which are hashed. Cut the pheasant, reconstitute it on a dish and surround with a crown of truffles, sprinkle with sauce and serve the remnants apart.

Pheasant "à la Financière." — The pheasant is cooked in a cocotte as above, but without being truffled, surround with a garnishing "Financière," i. e. game's quenelles (if possible), mushrooms, slices of truffles fresh artichokes bottoms, or veal sweetbreads or even these two and olives. All mixed with a madeira sauce.

Tossed pheasant with cream. — Take young pheasants and cook them at the last minute, rapidly in order to avoid they become dry and without savour. Cut and toss them in butter. When cooked, arrange the pieces in a dish, deglaze the pan with cream and juice of two oranges. Pour on the pheasant and surround with tossed mushrooms. It is cut as a chicken.

Young pheasants can also be served in "sauté" and garnished in different manners. But salmis and roast are with the pie, the best methods for cooking it.

Roasted pheasant "à l'Anglaise." — Stuffed with suet of beef and bread crumb as stated for the turkey.

Larding and roasting, in sprinkling often, during about 50 minutes. Serve at the same time with bread sauce (see sauces).

Pheasant "à la Mongol." — The pheasant is stuffed with a gratin stuffing (see stuffing, page 113), truffled, lard it and cook it as above, serve surrounded with small skewers prepared in the following way: cut on well meagre raw lamb, fillet or high of leg, very small collops, somewhat thick ($\frac{2}{5}$ inch.); marinate them during 2 hours with a chopped onion, salt, pepper, not joined bunch, fillet of Cognac and a spoonful oil. Cut in this way slices of ham and thin slices of bacon. Skew them with wooden skewers, grill and serve around or at the same time than the pheasant. Bread sauce.

Pheasant "à la Georgien." — Not stuff the pheasant, put it in a casserole with about twenty fresh nuts, peeled, a glassful raisins juice, two orange juices, a port-wine glassful strong tea, a fillet of madeira and very light seasoning. Cover and slowly cook during 35 to 45 minutes according to the size. Put the pheasant in an oven-dish, recover with butter, brown it quickly. Reduce the cooking gravy and serve the nuts around the game in sprinkling with this gravy, lightly mixed with a spoonful currant jelly and a pinch fecula.

Pheasant "à la Ménagère." — Toss the pheasant with butter in an earthenware dish if possible; when coloured, wet it with some white wine, add about fifteen onions and same quantity of lardoons of meagre bacon, tossed in butter. Cook covered during 20 minutes, then add some small potatoes somewhat tossed in butter, then 1/4 lb. raw cleaned mushrooms. Terminate to cook covered during 1/4 hour and serve in cocotte after that the gravy has been degreased.

Nota. — The potatoes must be first tossed, this avoids them to absorb all the gravy, as it would be the case when put raw.

Pheasant pilaff with tomato. — Prepare this dish with very young pheasants. Cut them as stated for tossed chicken, lightly toss the pieces in butter and then add 1 large chopped onion, well toss it, add 7 ozs good rice, give some tosserings on the fire in order to white the grain, then add three or four nice peeled tomatoes, emptied and cut in quarters. Greatly wet with water or veal stock, add a "bouquet garni" and cook during 20 to 25 minutes maximum. Arrange in a hollow dish, without decoration and surround with a tomato cullis, very seasoned.

Cold pheasant

Pheasant "à la Bibesco." — Toss in a cocotte a pheasant which is wet with madeira and after it is braised, let it get cold. Further prepare a good jelly, with the game's fumet. In a part of this jelly poach three small galantines of thrushes.

With 1/2 lb. cooked goose liver, which is strained through tammy, and adjoined with fine butter, make small balls, as cherries and put in middle a small dice of truffles. Glaze these cherries of goose liver with a light sauce, paste with two sheets of gelatin and reddened with tomato or carmine.

When the pheasant is cold, bardings are removed and the chest is cut in thin "aiguillettes." Bones of chest are removed, without touching the legs. Fill the body of pheasant with a Stuffing "Bibesco" composed of 1/2 lb. gr. poultry liver, 1/4 lb. fresh bacon, 1/4 lb. fine butter, 4 ozs cream. This stuffing is cooked, strained, well seasoned and finally added with 10 ozs mushrooms cooked with stock and strained through fine tammy. When the pheasant is well reconstituted with this stuffing, put the aiguillettes and nap all with a good brown sauce Chauffroid, nearly seized. Decorate with truffles and glaze with jelly.

Arrange the pheasant on a rice socle, put at each end a small cup, either in rice either in paste and of which the goose liver cherries are arranged in

bush. Arrange all around small croustades of short-paste, containing the slices of thrushes galantine, upon some jelly. Put then a large grain of black skinned raisin. Nap with jelly.

When all is prepared, terminate in decorating with chopped jelly and nice croutons, serve very cold. (See illustration, page 379.)

Glazed pheasant "à la Marie-Jeanne." — Toss in a pan, with butter, a pheasant on the day before, wet it with a good half-glaze with veal foundation sauce. Strain and degrease the sauce. Prepare a game's jelly and poach with madeira a goose liver of about 1 lb. Prepare with the latter a purée which is mixed with 1/2 lb. mushrooms and about 15 nuts, all crushed. Strongly mix in a basin and add little by little 5 ozs double cream and very season. Fill the inside of pheasant with this foam, the chest has been cut in fillets. Reconstitute the pheasant, nap it lightly with some sauce of pheasant broth. Decorate middle of chest's pheasant with nice half-nuts and on each side put nice slices of truffles. Nap all with jelly and keep in a cool place. With remnants of goose liver foam, fill 10 small babas moulds and let it seize on ice. Further garnish with jelly 10 other same moulds. Powder them with grilled "pignons;" fill them with remnants of pheasant sauce which is seized. The "pignons" are small almonds of the pine-tree.

Arrange the pheasant on a rice socle put in a great and long dish, surround with chopped jelly and put around, in alternating, small aspics of "pignons" and the small foams of goose liver, napped with jelly and decorated with half a nut. Garnish the dish with jelly and serve well cold. (See illustration, page 380.)

Young partridges and partridges

The salmis of partridges. — Identical to recipe given for pheasant salmis (see above). A good salmis can only be made, in order to have a well thick sauce unless having two young partridges; three would also be preferable.

Partridges with cabbages. — Put in boiling water one or two cabbages, drop them, braise them with broth in a cocotte and put in middle the partridges first tossed in butter. Also put a sausage or saveloy and a piece of unsalted chest bacon. Season the cabbages with carrots, onions, "bouquet garni" and grains of pepper. Hermetically cover the cocotte and braise in oven during 1 1/2 hour. When the game is not too hard, remove it when cooked and this will be assured from time to time. Braise the cabbages and bacon which will never be too cooked. Arrange the cabbages in a hollow dish and put the cut partridges and surround with bacon, sausage and carrot, all cut in slices and rounds. Sprinkle with a light half-glaze sauce. (See illustration, page 395.)

Chartreuse of partridges. — Proceed as above, except for the dressing which is the most difficult work. Prepare in advance carrots and turnips which are cut in slices of 1 2/3 inch., then in small cylinders (size of a small pencil) and this made with a very small apple-corer.

These vegetables are cooked in advance in salted water and separately. When they are dropped and cold, butter a large timbale mould with soft, but not melted butter, put the vegetables in alternated slices in order that the mould is garnished in the bottom and around.

Well drop the cabbages and grossly hash them. Put them in the mould and in the middle make a hollow which is filled with the cut partridges. Terminate to fill the mould with cabbage and strongly press. Bake 5 minutes in oven return the mould on a round dish and keep it carefully. Put around slices of bacon and round of sausage. Serve at the same time with a light half-glaze sauce. The decoration of vegetables can be made the day before and kept in a cool place.

All games can be presented in this manner, and also other meats : veal sweetbreads, pigeons, etc... (See illustration, page 395.)

Young partridges "à l'Allemande." — Recover a young partridge with bardings, braise it with carrots, onions, a "bouquet garni," wet it with white stock and half a glassful Cognac. At the $\frac{3}{4}$ th of cooking, add a glassful double cream sour cream and terminate the cooking. Arrange the young partridge, keep the bardings, strain and degrease the cooking and reduce and nap the young partridges.

Young partridges "à la Titania." — Name given for partridges with oranges. After the young partridge is tossed, put it in a cocotte with 4 ozs pieces of oranges, skined and without pips, then an equal quantity of grains of raisins, also without pips. Recover all with gravy of the young partridge and also add juice of orange. Well close the cocotte which is put in oven during about twenty minutes. Serve very warm.

Sauté of young partridges "à la Camélia." — Cut in 4 pieces 3 young partridges, called "pouillards." Season the pieces, flour and toss them quickly in butter. When they are tossed, flame them with a glassful Cognac and wet then with $\frac{7}{8}$ pint fresh double cream. Salt, pepper and slowly cook covered during about 20 to 25 minutes. Then add to the sauce a small handful Corinthian raisins cleaned. Give also 5 minutes slow ebullition and arrange with fried croûtons.

Young partridges "à la Matignac." — Empty and truss three young partridges, which are tossed in butter. When they are well glazed, wet them with 3 table spoonful madeira and when it is reduced to half, add $\frac{1}{2}$ pint half-glaze sauce. Season and toss the partridges during $\frac{3}{4}$ hour. Further prepare a garnishing composed of comb and kidneys of cooks, olives, small collops of goose liver and slices of truffles. When the partridges are cooked, degrease and strain the sauce and mix it with the garnishing. Cut the young partridges in pieces which are arranged on a dish with the garnishing in the middle and serve very hot.

Partridges "à la Souvaroff." — Same proceeding as for the pheasant, but taking in notice time for cooking and difference between the two games.

Partridges "à la Diable" and "en Crapaudine." — Same proceeding than for pigeons or chickens, but in a general way accompany the partridges with a sauce made with the game's fumet. Only use tender game.

Crépinettes of partridges. — It was the preferred dish of Napoleon the First, and it was sweetly prepared by his head-cook Dunand.

Hash together the flesh of 2 partridges with 4 ozs meagre flesh of pork, 7 ozs fresh fat bacon and some goose liver and truffles. Well season this hash. Make pieces of size as an egg and recover with pork "crépine." Put in a roast-dish and bake them slowly in oven during 20 minutes. Serve together with a fine sauce Périgueux.

Partridges "à la Bourguignonne." — The young partridges are prepared as stated, trussed, larded and tossed in butter with small onions which are also tossed. Remove the grease, wet with a glassful good red wine of Bourgogne, reduce this wine to half in the discovered casserole, add half a glassful water, 15 small lardoons, tossed apart. Season, cover and cook during 30 minutes.

Complete the garnishing with 4 ozs raw mushrooms (per partridge) and mix the sauce with 2 ozs butter mixed with a small quantity of flour in order to have a well mixed sauce, not too thick. Degrease before serving and reinforce the brown colour of sauce with colouring caramel.

Young partridges "à la Vierge." — Prepare and only white, not toss, the chest of young partridges. Add 1 onion, in slices, brown it and wet with some well fresh thick cream, season, hermetically cover and slowly cook 30 minutes. Then press the juice of a lemon in the sauce and serve in cocotte or in the cooking-dish. The game must not be barded.

Young partridges "à l'Anglaise." — Take young partridges, half one per person, cut them on the back, as for the recipe "à la crapaudine" and flatten them. Macerate them 2 hours with seasoning, fine herbs, and some spoonful fine oil.

Grill them in quick oven or in very hot oven, in default of grill. Serve them with a maître-d'hôtel butter, cover them with fine slices of well grilled bacon. Serve at the same time in a salad-dish or around the game round of bananas poached in butter, without being crushed.

Cold partridges

Partridges "en Chauffroid." — Same recipe as for pheasant under this name.

Partridges "à l'Alsacienne." — Stuff the partridges with goose liver and truffles. Sew the opening and cook 30 minutes in a cocotte with a brown madeira sauce. Degrease, strain the sauce and let it get cold. Nap the cold partridges with sauce mixed with some jelly, decorate the partridges with a paper cornet-ful with well soft goose liver purée. Nap with jelly and arrange with chopped jelly.

The partridges can be presented cold, in the same manner as for pheasant. Always with jelly and associated with goose liver.

Small game-birds

This includes the quails, thrushes, larks, beccafico, merles, ortolans, etc. The thrushes are recovered with a vine-leaf.

Quails "à la Duxelles." — Bone the birds, reform them with like a nut of gratin stuffing and envelop them with a piece of oiled paper. Press them one against the other in a roast dish and bake them 15 minutes in a hot oven. Unpack them, and arrange them in boxes of porcelain or of special paper. Recover with game cullis mixed with mushrooms Duxelles. Serve immediately.

Quails "à la Judie." — Cook the quails in cocotte with some port-wine. Arrange them on small flat croquettes of potatoes and surround with braised lettuces.

Quails "Bonne-Maman." — Cut a Julienne of carrots, onions and celery. Melt these vegetables in butter in a covered casserole. Stiffen the butter of quails and put them on the vegetables, nearly cooked, wet with a good veal gravy. Cover, cook 10 minutes and serve as it is.

Nota. — They can also be served cold with the vegetables around.

Quails "à la Turque." — Quickly toss the quails with butter, then cook them in a rizotto with stock (see vegetables) during 12 minutes. (The rice is first cooked in order that all is ready at the same time.) Arrange the rice in timbale or in a hollow dish and put the quails upon. Sprinkle with a light tomato cullis, added with deglazing of pan, in which the quails are tossed.

Nota. — This dressing applies also for thrushes, merles et in a general way for all small birds.

Quails "au nid." — Toss the quails in a casserole, wet them with a light madeira sauce and cook them 10 to 12 minutes. Arrange in artichokes bottoms tossed in butter and if desired simply on large bread croûtons, fried in butter. Surround each quail with a chestnuts mash, placed with the forcing-bag and a fine fancy-pipe for imitating the nest where the bird is put. Sprinkle with sauce of well degreased broth.

Thrushes "à la Bonne Femme." — Toss the thrushes in butter with some very small lardoons of meagre bacon, put them in a cocotte with small bread croûtons, cut like dice and fried in butter. Add some white wine or Cognac, season, cover and bake 10 minutes in oven. Serve when ready.

Thrushes with Juniper. — Same proceeding as above but without bacon and croûtons. Add in the cocotte a pinch of crushed juniper berries. Also deglaze with Cognac and some spoonfuls brown gravy. Serve in cocotte.

Thrushes with gratin. — Bone the thrushes and stuff them with a nut of gratin stuffing. String and toss them in butter, wet with some madeira, cover and 8 minutes cooking. Spread in bottom of a fireproof dish some gratin stuffing, put the cooked thrushes, sprinkle with some cooking madeira sauce in which are mixed some spoonful chopped mushrooms, fried in butter. Powder with bread crumb and gratin in oven.

Thrushes "au nid." — Proceed as for quails, only cooking them during 8 or 10 minutes. Surround each bird with 3 or 4 truffled quenelles, in form of eggs of birds and poached apart. Put the cooked heads on borders of the nest.

Thrushes "à la Bacchus." — Cook them in a cocotte with butter and arrange them in warm timbale with about 10 grains of raisins per thrush. Wet with some pressed raisins juice and some Cognac, add some spoonful good gravy of game or veal. Cover and put 10 minutes in oven before serving.

Larks "à la Bonne-Maman." — Same proceeding than for quails, except the time of cooking.

Larks "à la Milanaise." — Cook the larks on direct fire in a casserole and serve them in croustades filled with fine macaroni "à la Milanaise" (see vegetables). Serve apart a tomated cullis, mixed with deglazing of larks.

Larks "à la Mère Moinet." — Cook the larks in casserole and further prepare a marmelade of sour apples, well reduced and thick. Put this marmelade in a hollow dish and glaze it. Incrust the birds. Sprinkle with a thick cream, two spoonful per lark and serve immediatly.

Larks "à la Piémontaise." — Cook 4 ozs maize flour in 1/2 pint boiling and salted water, in stirring. Render it thick and spread it as for a galette, let it get cold and cut in rounds. Put them in a pan with butter. Arrange the larks, cooked in cocotte, upon.

Ortolans and beccafico. — These delicious small birds are only appreciated when roasted on direct fire (wooden fire if possible). They can also be treated as larks.

Quails, thrushes and cold larks

Chaufroid of thrushes. — The roasted and cold thrushes are separated in two parts and each half is filled with a goose liver purée. Nap then with a brown sauce Chauffroid mixed with juniper during the cooking. Arrange them on a small rice socle and nap with jelly. Surround with chopped jelly.

Glazed thrushes "à la Moderne." — Bone and stuff the thrushes with goose liver of fine gratin stuffing. Envelop in a muslin and attach them in order to avoid they are deformed. Braise them in a foundation sauce made with carcasses and remnants. About 25 minutes cooking, then drop and let them get cold. Strain and degrease the broth, make a well reduced brown Chauffroid and in which 3 or 4 spoonful aspic jelly are put. When the sauce is half-seized, recover the cold thrushes which are put on a socle or in small boxes filled with chopped jelly.

Nota. — The cold quails are treated such as the thrushes.

Bush of glazed larks in cherries. — Entirely bone the larks, keeping the flesh to the skin, which is put on a serviette. Place in middle of each a piece of truffled gratin stuffing and a small piece of goose liver. Envelop this stuffing and goose liver with the lark's skin, giving the form of a small ball maintained with some muslin. String with thread. When the larks are so prepared, put them in a pan, the bottom of which has been buttered. Pour in this pan (for about 12 larks) 3 table spoonful madeira, game's fumet prepared with carcass of larks. Bring to ebullition, recover the larks with buttered paper and put then the pan at the opening of oven. Poach during 25 to 30 minutes. Let them get cold in their broth. Prepare during this time a brown sauce *Chaufroid*, using broth of larks. Redden somewhat this sauce with carmine, season and let it get cold. Unpack the larks and nap them with this sauce *Chaufroid*, then glaze them with jelly. Arrange in bush on a round dish with a rice socle, pick in each a leg of lark and prepare the heads napped with brown jelly with imitated eyes. Arrange on basis of socle and surround it with chopped jelly and croûtons of jelly. The eyes are imitated with white of hard-boiled egg and a point truffle.

Woodcock, snipe, wild duck, pintail, teal, water-hen, curlew, plover, peewit, water-rail, etc...

These delicious moor-birds are only appreciated when roasted or in *salmis* and somewhat gaimy. It is therefore not necessary to have a special chapter, as in our view all dressings of high cuisine for these birds, keep their fineness. This remark also applies for all water-game : teal, plover, peewit, wild duck, etc. The two recipes we recommend are therefore the roast or *salmis*.

The cold snipe, accompanied with an exquisite jelly of Champagne, constitutes a very rich dish.

Important remark. — The woodcock and the snipe are not emptied and this applies for a great part of small birds; the gizzard is only kept with point of a truss-needle.

The woodcock is not really a moor-game, as the snipe, but it can receive same dressings and it must also be somewhat gamy in order to develop its aromate and fumet : gamy does not mean decomposed.

Flamed snipe. — Bake the snipe in a hot oven during only 12 minutes. Cut it in 5 or 6 pieces and keep them in a warm place during 2 minutes. During this time, drop grease of cooking and deglaze with a glassful Champagne, crush the intestines, hash the carcass, press it in order to extract the blood which is mixed to the crushed intestines. With this well seasoned mixture, nap the pieces of snipe, pour on all a fillet of Fine Champagne and flame. Serve immediately.

Woodcock, tossed with champagne. — Cut the raw woodcock in 5 pieces and toss them rapidly in very hot butter. When the pieces are stiffened on the two sides, season and cover the casserole which is kept for 6 to 7 minutes on side of fire. Then remove the pieces and deglaze the casserole with half a cupful half-dry Champagne, add the intestines which are crushed and give

one or two simmerings. Well season and pour this sauce through fine or chinese tammy, on the pieces of woodcock.

Woodcock "à la Souvaroff." — Empty the woodcock and replace the intestines — which are kept — with a piece of raw goose liver garnished with truffles. Season and stiffen in butter in a fireproof cocotte. Wet with a glassful madeira and some fumet of game. Add some raw small truffles, hermetically cover the cocotte with a lace of paste around the cover and put in oven during 20 minutes. At the time of serving, open the dish, add the intestines purée, season all with salt, pepper and nutmeg, give some simmerings, cover and serve in the cocotte.

Salmis of snipes "à la Vatel." — Roast the snips, keeping them nearly raw. Further toss in butter and oil a chopped shallot, parsley, thyme and bay-leaf, wet which a glassful madeira dry Champagne and same quantity madeira, reduce on direct fire until $\frac{3}{4}$ and add a laddle-ful half-glaze. Cook this sauce at least during $\frac{3}{4}$ hour and degrease it entirely. Cut the roasted snipes in 5 parts, i. e. : the two legs, the two wings and the chest. Keep the skin of pieces and put them in warm in a pan. Lightly recover with old madeira and do not let it boil.

Grossly crush the carcass which is added to the sauce, give one simmering and strain through fine tammy. Put the pieces of game in the dish. Add mushrooms and truffles. Heat but without boiling. Arrange on croûtons of fried bread with butter and stuffed with gratin.

Cold woodcock and snipe

Suprême of woodcock "à la Diplomate." — Cook the woodcock, keeping it bleeding. Let it get cold, then keep the chest. Remove the skin and separate the woodcock in two parts, in sense of large. Bone the legs and crush the flesh with intestines and some cooked goose liver. Season and strain this purée through tammy. Spread it in bottom of a hollow dish. Put the "Suprêmes" and alternate with a slice of cooked goose liver. Put a round of truffle over. Recover with a good game-jelly, made with Champagne and keep 1 hour on ice. Put the heads around.

Mousselines of snipes "à la Jeannon." — Proceed as above, either with woodcock or snipe. Garnish moulds — in form of eggs — with purée of game and goose liver. Put in the middle the collops of chest, reserved and recovered with purée. Let it seize on ice. Demould on a squared croûte of short-paste, cooked in advance. Put a slice of truffle over and fill the croûte with half-seized jelly.

When it is hard, put in the center the heads "chaufroitées" and make the eyes with white of hard-boiled egg. 4 or 6 mousselines can be put in the croûtes about 6 inches of side.

Glazed salmis of woodcock "à la Charbonnière." — Exactly prepare the salmis to be served warm, but without mushrooms and not so much sauce. Put the pieces of game in an ordinary hollow and earthenware dish, nap with

sauce, nearly cold. Sprinkle a good quantity of truffles and fully recover with jelly. Game can be mixed with some goose liver. Serve when it is well set.

Woodcock "à la Strasbourgeoise." — Roast the woodcocks, when they are rosy remove the two suprêmes, take off with scissors the chest bone and fill with a piece of goose liver crushed with the intestines and strained through tammy. Cut the chest in collops and put them in their place, then nap all with a good sauce Chauffroid of game. Decorate with truffles and glaze with jelly. Then arrange the woodcocks on a rice socle and surround them with jelly. Heads must always be put with such games.

Chauffroid of woodcocks with port-wine. — Roast the woodcocks, keeping them somewhat bleeding and let them get cold. Prepare a good jelly of aspic with port-wine and with about 1/2 pint of this jelly make a brown sauce Chauffroid which is cooked for a long time, degreasing it from time to time. Cut the woodcocks in 6 pieces (the two wings, the two legs and separate the breast in sense of length.) Hash and crush the intestines and bones of reins. Mix this sauce with purée, strain it through fine strainer and let it get cold. Use it for napping the pieces of game. Decorate with a slice of truffle, arrange on a small rice socle and glaze with jelly.

They can also be arranged in a hollow silver dish, entirely recovered with melted jelly, nearly set. Surround the dish with jelly croûtons, cut in saw-teeth.

Black-cocks, grouses, hazel-grouses

This delicious game can only be prepared with the skewer. The roast can only give their value.

The hazel-grouse of which the flesh is very white, is a game found in forests situated at 1,300 yards altitude. It is nourished with pine-buds, its flesh has taste of resin and it is for this reason that some people does not like it. The flesh of Scotch grouses and black-cocks offers the same analogy. This taste of resin can be avoided in plunging the birds in cold milk during one hour.

Black-cock. — When roasted and covered with bardings, is always served with currants jelly and a sauce-panful of bread sauce.

The grouse. — The Scotch grouses are prepared as for woodcocks and are served with grilled slices of bacon and bread sauce.

Very good pies are also prepared, such as Woodcock pies. The flesh of legs is crushed and grilled or fried bacon is mixed to the stuffing, which gives an exquisite taste.

The hazel-grouse. — In spite that this game can be found in France, it is principally in Russia that it can be found. It is served in roast or in cocotte and instead of making a roast gravy, the cooking is deglaze with smitane (eager cream) and accompanied with lemon.

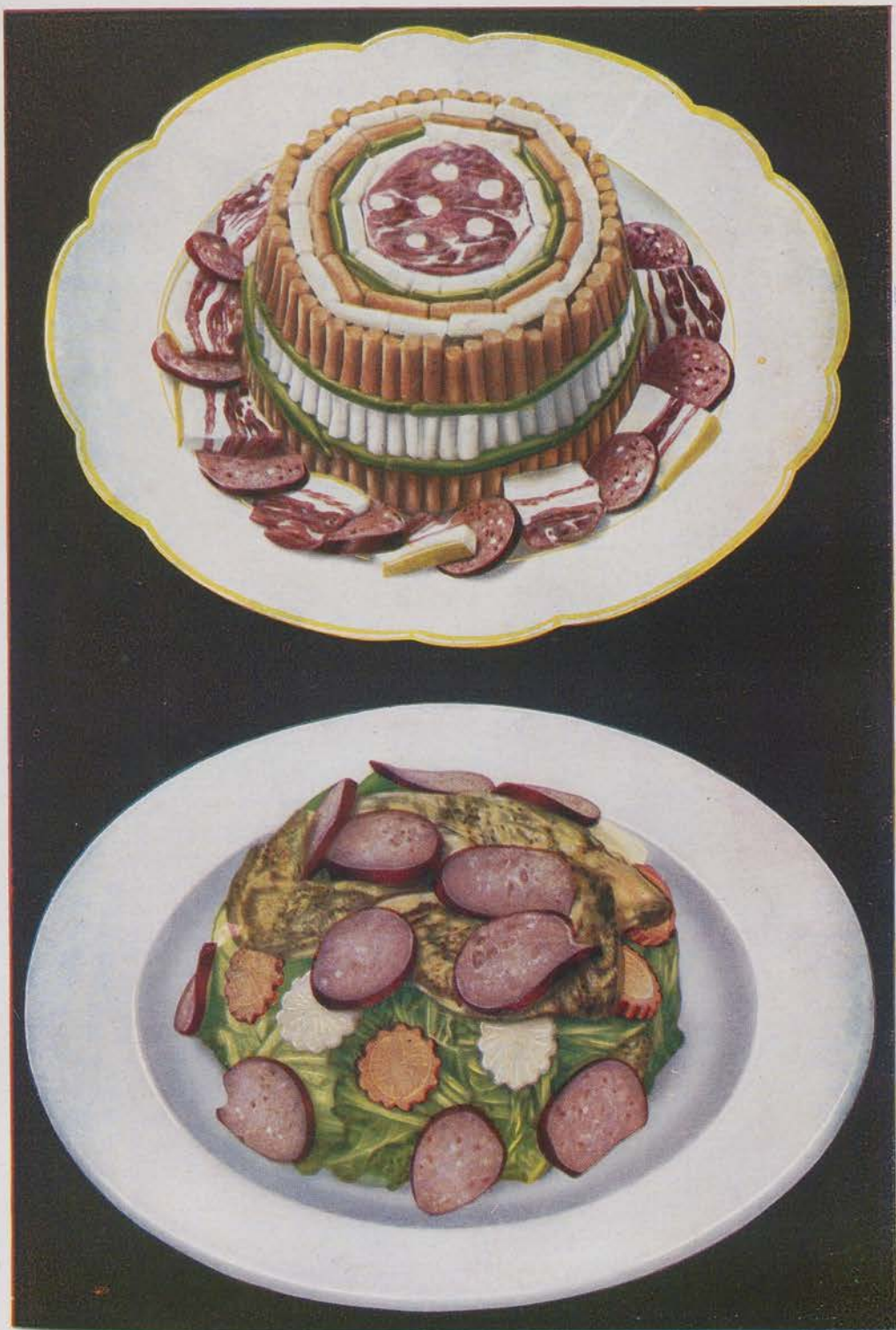


Fig. 265. — Partridges chartreuse (see page 387).
 Fig. 266. — Partridges with cabbage (see page 387).



Fig. 267. — Cook with paste (see page 326).



Fig. 268. — Goose liver pie of Strasbourg (see page 415).



Fig. 269. — Timbale of veal sweetbread in scallops (see page 420).



Fig. 270. — Woodcock pie (see page 415).



Fig. 271. — Timbale "à la Orloff" (see page 421).

Wild duck "à l'Américaine." — Cook branches of celery (or celeriac), make a purée in adding bread crumb as the celery give a liquid purée. Also add 1 or 2 reinettes apples cooked and strained. Stuff the duck with this mixture. Roast it as usually and serve with a salad of branches of celery and a sauce panful of currant jelly.

Black cock. — Or also called Tétras, includes the large Tétras, very nice bird of 15 1/2 to 17 1/2 lbs which is served roasted with a breadsauce. The bird must be marinated during 3 or 4 hours in raw milk in order to remove or to diminish the taste of fir buds with which it is nourished.

Small Tétras. — Finer than the flesh of large Tétras, and can receive same dressings as pheasant. However it is roasted or in salmis that it is more often served, with a bread sauce. It is also marinated with milk.

Scottish roasted grouse. — Family of black cock and hazel-grouse.

Roasting is habitually used, but it can receive various dressings. Recover with a barding, roast in quick oven or if possible at the skewer, keep them somewhat rosy and according to their size only give 20 minutes cooking. Serve with a timbale of grilled bread crumb with a very small quantity of butter. This replaces the bread sauce and is mixed in a plate with the roast gravy served apart.

Cuttlets of grouse. — Cut young grouses in two parts, remove the carcass and flatten each half as for "à la crapaudine", put the bone of leg in a cutting made under the skin, this will constitute the handle of cuttlet; season, put in beaten egg and bread crumb, copiously butter, grill in oven during 12 to 15 minutes.

Serve around a marmelade of acid apples or a lentils purée, or chestnuts, etc., accompany these cuttlets with a Devil sauce, very seasoned and adjoined with some currant jelly.

Grouses "à la Baden-Baden." — Put the grouses, well prepared in a cocotte with onions, rounds of carrots, bunch, brown all and wet with white wine and stock in half height. Cook covered, remove the grouses, put them in a roast dish, recover them with butter and rapidly glaze them in hot oven.

Then arrange the game around a choucroute garnished with rounds of cut sausage. The Cambridge sausages are very good with choucroute. Sprinkle the game with its cooking, strained and somewhat reduced for making a light sauce.

Grouse pie. — See recipe of beefsteak pie as regards the paste and dressing of pie.

Put in bottom of the dish thin slices of tender beef, cut the grouses in four parts, remove the carcass which would give a bitter taste. Put the grouses over the beef, well season all with salt, pepper, shallots, mushrooms and chopped parsley. Put over some hard-boiled egg yolks, cut in two parts and in pieces, a slice of bacon between the pieces of grouse, recover with some stock, cover with paste and cook during a good hour. Serve warm as it is.

Grouse pie. — The grouse can also be prepared in pie as the woodcock in boning the chest and legs. The flesh of legs is added to the pork stuffing. Well season the stuffing, garnish the pie and terminate as for all others (see pastes, page 498) with the grouse bones, except the one on the back which is very bitter, prepare a fumet wet with some jelly and when the pie is cooked and cold, pour therein the cold game jelly. Apart of these recipes, the grouse can also be made "à la crapaudine," in salmis, in cold foam, etc. It can also be served cold, stuffed with truffled goose liver, napped with chafroid sauce, as stated for cold partridge.

Hazel-grouse "à la Polonaise." — The hazel-grouse, also pertaining to the family of Tétràs, can be considered as the partridge of woods. When emptied, they are marinated with cold milk for the same motive as stated above, as the food of this game is also the fir bud which gives to the flesh a not pleasing taste and which is removed by the milk.

Roast in butter in a casserole. When brown, cover and cook them during 20 minutes, cut them, put them in a hollow dish for oven. Cover them with a very clear Béchamel sauce mixed with smitane (eager cream) and a lemon juice; sprinkle over some bread crumb, recover with butter and put in oven for browning and terminate the cooking. Serve at the same time with game half-glaze or a bread sauce.

Hazel-grouse "à la Russe." — Roast in quick fire, after two hours marinating in milk. Arrange them with watercress, degrease the remnant of cooking, add a small glassful Vodka and some smitane.

Rook pie "à l'Anglaise." — Young crows are necessary of which the skin is removed together with the feathers. The chest will only be kept, which is well and soaked in milk during 4 or 5 hours. Cut the crow chest in fillets and put them well seasoned in a pie dish, in bottom of which thin beefsteaks of well tender beef are put. Cover with some mushrooms and hard-boiled egg yolks in slices, put some grilled slices of bacon, some stock, cover with puffed paste and bake in oven during about 1 hour.

Lark pudding. — Prepare the paste with suet of beef, as stated for Rolly Pudding, suppressing the sugar (see warm entremets, page 618), spread somewhat thick with roller and garnish a bowl or a special Pudding basin, well buttered. Prepare and empty the larks, cut the heads and legs and even bone them. Well toss the game and also thin slices of veal or smoked bacon. Wet with some gravy. Fill the bowl with the meats, close with paste, recover all with a serviette and cook 2 hours in boiling water (see Beefsteak Pudding, page 242).

THE ROASTS

The roasts are prepared in the skewer or in oven; this last method is more used actually.

It is very regrettable that the skewer is abandoned. The cause is due : exiguity of kitchens, lack of domestics, lack of time for survey of roast, needs of the social life which means that the cuisine is not placed in the first plan in the housewife thoughts, etc... It must be said that the cooking with coal, gas and electric cookers, can give very good results. The encumbering skewer does not meet with the modern time and it has lost its place in our kitchens.

This is sorry.

Meat roasts

Roast beef fillet. — The fillet is cleaned with excess of fat, skin and nerves constituting its envelop, then it is picked with fine lardoons of fat bacon, put in sense of length of fillet, i. e. opposite side of cutting (see fig. 13, page 23).

Put it in a roast dish with a grill under it, or in default with thick slices of potatoes which isolate the roast and avoid it to paste to the bottom of dish and to fry in its grease; this would communicate to the roast gravy a very strange taste and this would also happen if carrots are put, for instance. Grease the fillet with roast grease. Add fine salt and put in a very hot oven. Sprinkle and return it often. Salt it one or twice during its cooking. The times varies if the roast is cut on the side of head or on side of the fillet's tail; the two parts having not the same thickness.

The fillet must be rosy, about 12 minutes are necessary for a pound, on head'side and 9 to 10 minutes on tail's side.

Roast "contre-filet." — The "contre-filet" or "faux-filet" is not picked, but as it has been cleaned, it is better to cover it with a barding. Well stringe it and roast in hot oven as fillet, 25 minutes are necessary per 2 lb.

Roast noix of veal. — Pick the top of noix of veal with fine lardoons. Roast it in cocotte with some rounds of carrots and onions. Sprinkle very often with its grease and on the $\frac{3}{4}$ of cooking, add a glassful water or gravy.

Nota. — The veal cooking is rather a braising than a roast, in spite that a very well-prepared roast is always esteemed.

Roast loin of veal. — Same dressing as noix of veal and same time of cooking, i. e. 40 minutes per 2 lbs. The veal must always be served very cooked.

Roast mutton's leg. — Introduce in the leg, in the side of bone, one or two garlicks. Roast it in hot oven $\frac{1}{4}$ hour per pound.

Roast lamb's leg. — Slower cooking than for mutton and always keep it very cooked. 25 minutes per 2 lbs often sprinkling.

Roast beef rib. — $\frac{1}{4}$ hour cooking per pound, the rib is attached with a large string, clean it for taking off the croûtes and in order to cut it in thin slices.

Nota. — In order to have a roast, rosy in the middle and easy to cut, it must always be cooked a good quarter of hour before serving. The flesh, swollen by cooking, is strengthened and its gravy is concentrated in the middle. The fillet, kept in warm, is more easily cut. This remark applies for all roast, in general.

Roast gravy. — The roast gravy is to be always natural. We give detail of its dressing once for all.

Never put water with a roast in oven. Butter or grease are sufficient. Salt it lightly and when the roast is cooked, remove it, drop entirely the grease (except for poultry and game roasts which must always have a fat gravy), and put the dish on fire. Gratin lightly the roast gravy which is in bottom of the dish. Then pour either some water, either stock, either gravy obtained with cleanings of the treated roast. This is called the deglazing of a dish. The operation is always made with liquid of same provenance than roast or, in default, with water. When the gravy has had some simmerings, strain it through "chinese" tammy and in principle, not sprinkle the meat with this gravy, as it would cook again if it is bleeding and cut or to render it black, if it is a white meat. These remarks must be considered as absolute statement for all roasts.

Roast saddle of salt-marsh. — The saddle is the part which follows the leg. These are the two joined filets. Time of cooking : 25 minutes per 2 lbs.

In order to ascertain the perfect cooking, a trussing-needle, can be put in the spinal marrow, going in all the length of saddle. Keep it a minute, remove it and approach it to the lips. When the needle is somewhat warm at the place situated in middle of saddle, it is cooked. For a lamb, the needle must be broiling.

Pork roast. — Baked in moderate oven and without grease the flesh beeing too fat in itself. Time of cooking : 35 minutes per 2 lbs. Very cooked meat.

The "carré," the boned "échine" and the fresh ham are roast in a general rule.

Poultry roast. — Barding is a good method for poultry to be roasted either in skewer or in oven. They must be first trussed, easy operation but which is not always well made. The trussing maintains in a nice form the poultry,

in order to be well steady and the end of legs is attached against the body, in order that the chest, is brought forward. Two strings and a trussing-needle are necessary.

Roast fattened pullet. — Time for cooking of a fattened pullet of about 3 pounds : 50 minutes. Put some kitchen salt in the inside, put in on a roast dish with a piece of butter and put it in very hot oven. Sprinkle often with its grease, when cooking, and salt it lightly at several times. The exact degree of cooking is recognized when in keeping the interior gravy of poultry, it is clear as water; when the gravy is rosy, the poultry is not cooked. For serving, remove grease from dish and keep it — as it is precious in cuisine. — Deglaze the dish with some water for constituting the roast gravy which is coloured with some caramel, is necessary.

Roast queen chicken. — Same dressing as above 25 to 30 minutes cooking.

Roast young turkey. — If the young turkey is fat, it is not necessary to cover it with bardings. Further proceed as stated above. Time of cooking : 1 to 1 3/4 hour, according to the size. Often sprinkle.

Roast duck. — Time of cooking : 40 minutes for a duck " nantais " of good size, and 30 minutes for a duck " rouennais " as latter must always be served bleeding. No barding, no grease on the ducks. Well degrease the gravy.

Roast young pigeons. — Cover the pigeons with bardings and slowly roast them 25 minutes, sprinkling with butter.

Roast sucking-pig. — It can be stuffed, but it is always roast entirely. Begin the cooking in moderate oven and sprinkle with oil which better browns the skin instead than butter or grease. Cooking varies from 1 3/4 to 2 1/4 hours, according to the size and at least 3 hours when it is stuffed. Much care must be brought to the cooking in order to have an appetizing colour.

Roast guinea-fowl. — As the flesh of guinea-fowl is dry, it must be covered with bardings or picked. Time of cooking 35 to 40 minutes, according to the size. Very frequent sprinkling.

Roast goose. — Same dressing as duck. Begin the cooking in moderate oven in order that the fat melts and flows, then rapproach it from fire and often sprinkle. When the goose is stuffed with chestnuts or stuffing, 1 3/4 to 2 hours cooking are necessary, according to its size. Frequent sprinkling.

Roast young duck " à la Bigarrade." — The duck — or young duck " rouennais " — will be roasted, giving 20 minutes cooking, either in very hot oven, either in casserole. When it is cooked bleeding, convert into caramel in a casserole a table spoonful sugar in powder, then dissolve a spoonful vinegar. Degrease the roast gravy of young duck, add a cupful good veal gravy and same quantity of very clear half-glaze sauce, then juice of 4 oranges " bigarrades " and of a half lemon, together with the zest, finely minced and boiled of two oranges " bigarrades."

Mix this small sauce with the vinegared caramel and simmer during 5 minutes.

Cut the young duck in thin aiguillettes in all length of chest, sprinkle with sauce (not strained) and surround the dish with thin slices of ribbed oranges "bigarrades."

Roast stuffed goose "à l'Anglaise." — Prepare the following stuffing : Finely hash 1/2 lb. fat of beef kidney, well dry and cleaned, cook it slowly with some goose fat and 2 chopped onions. Mix the onions with grease, 1/2 lb. old bread crumb, soaked in the stock and well pressed, salt, pepper, chopped parsley, a pinch sage and stuff the goose with this mixture. Sew the opening, truss and roast, slowly in order to insure cooking of the stuffing. 1 3/4 to 2 hours are necessary. Serve very hot, after the goose is cut, putting at each end of the dish, the stuffing and with the degreased roast gravy, apart.

Goose with chestnuts. — Family dish. First choice a fat goose with fine skin, smooth and white. Clean and empty it and keep its fat which will be melted.

Further, cut 2 lbs chestnuts and lightly grill them in oven in order they are cooked in remaining soft. Clean them and mix them with chopped goose liver and 1 lb. flesh of sausage; season the mixture with salt and pepper and introduce it in the goose. Sew the opening and roast the goose in salting and sprinkling at different times with the grease obtained. Time of cooking : 1 1/2 hour in moderate oven at the beginning and hot at the end.

Turkeys and young turkeys

Roasted turkey "à l'Anglaise." — Stuff the turkey with a stuffing of suet of beef kidney. Finely hash 1/2 lb. suet of well dry kidneys and cleaned of all skins. Mix with this suet 1/2 lb. bread crumb soaked in stock and well pressed, two large chopped onions cooked in butter, salt, pepper, chopped parsley and a pinch sage, then two whole eggs. Roast the turkey, sprinkling often, during about 1 hour 1/2 according to the size. Serve at the same time with Cambridge sausages or bacon and accompanish the turkey with a bread sauce (see page 109).

Poached turkey with celeriac. — Stuff with above stuffing, but only in the bag placed under the skin of neck side. Not so much stuffing (take the half of indicated proportions). Put in a braising-dish, cover it at 3/4th, with boiling stock, put around : onions, carrots, parsley, and a great bunch of celeriac. Season and cook in moderate fire during 1 hour 1/4. During this time, boil the white of two feet of celeriac, boil them first and terminate cooking with like an egg of butter, two large onions, salt, and 2 pieces of sugar. Drop, strain through fine sieve, and mix this purée with a white sauce made with half cooking of celeriac, half cream. All must constitute a somewhat cream sauce, which is sprinkled over the cut turkey and the remnant is served apart at the same time with a piece of smoked bacon or salted tongue.

Roasted turkey "à l'Américaine." — The turkey is not obligatory stuffed. It is absolutely facultative, it is roasted and served with a strawberries sauce and hearts of branches of celery, well white, cut in quarters and put in the glasses at the side of guest.

Turkey with oysters. — Cook the turkey as stated for turkey with celery (without celery). Prepare a somewhat thick white sauce with some turkey cooking, cook in their water three dozens oysters, drop them and reserve the cooking which is strained through "Chinois" and clear the sauce with some of it. Mix with 2 egg yolks and some cream and put the oysters cut in pieces if large. Season with cayenne pepper.

Young turkeys "à la Stanley." — The young turkeys can receive the same dressings as chicken; the recipe "à la Stanley" is well convenient (see chicken, page III), but it is better to only cook in this way the legs and carcass and to prepare in another way the pieces of white.

Separate the two sides of chest and cut them in two parts lengthwise. Remove the skin, lemon the flesh and make light incisions in which a thin half-slice of truffle is introduced.

Put them in a buttered pan, recover them with melted butter salt, cover with a buttered paper and poach them in oven during 1/4 hour. It will be sufficiently cooked and very tender. Arrange the young turkey as chicken "à la Stanley;" the pieces of carcass in bottom, the cut legs over, recover with Stanley sauce, terminated as for the chicken and put the truffled pieces of chest over, without sauce, for seeing the difference between the white skin and the black truffle.

Panned turkey "à la Lyonnaise." — Same dressing as goose under this same (see page 356), can also be made with the giblets or with turkey bought cut in detail.

Truffled turkey. — A pound of fresh truffles is necessary for a nice turkey, but some can only be put for perfuming the flesh. In all cases, the truffles are soaked in cold water, brushed and peeled. These peels are used for making the Périgueux sauce (see sauces) which is served at the same time.

Proceed as regards the truffling, in the same way as for truffled fattened pullet. Truss the turkey, lard it and hang it in a fresh place during 48 hours. Roast during about 1 hour 1/2 in sprinkling with its grease. Prepare some roast gravy with water and add it to the Périgueux sauce.

Christmas turkey with chestnuts. — Cut the skin of 2 lbs chestnuts, plunge them in a well hot frying or grill them in oven, they must be very cooked in order to be introduced in the turkey, as they cannot be cooked inside.

These chestnuts can be mixed *when cold* with some pork stuffing or chopped livers, but the stuffing makes the dish more dull and indigestible. Roast the turkey after the opening is sewed, recover with butter and salt, at different times.

Panned turkey "à la Financière." — The turkey can be prepared "à la Financière" as for the fattened pullet, in taking in notice the necessary time of cooking and the quantity of garnishing, superior according to the number of guests. (See Fattened pullet "à la Financière" page 335.)

Blanquette of turkey gIBLETS. — Carefully clean the small wings, the head, the gizzard, cut all in pieces, neck included and boil them only two minutes in a boiling water, wash and cook them in a court-bouillon well seasoned with small onions and 1 carrot. With cooking, prepare a white sauce and arrange as stated for veal blanquette. Add the pieces of gIBLETS in the sauce with small onions and mushrooms (see blanquette). The gIBLETS can also be prepared with rice, turnips or in stew. Further the turkeys and young turkeys can also be prepared in "demi-deuil," "à la Toulousaine," "à la Louisiane," etc...

Game roasts

Roast pheasant. — The roast game is always covered with bardings. A nice pheasant must have 40 minutes cooking and copiously covered with butter. The roast gravy must not be entirely degreased.

Arrange the pheasant on a canapé cut in bread crumb and tossed in oven with roast grease. Accompany with watercress and pieces of lemon.

Roast truffled pheasant. — The pheasant is garnished with raw truffles, mixed with chopped pork fat and at least 24 hours in advance (48 hours if possible). Time of cooking will be from 50 to 55 minutes. Put the truffles around the pheasant and suppress the watercress and lemon.

Roast pheasant garnished with thrushes or others. — The pheasant is served on canapé and surrounded with small thrushes entirely trussed and roasted. These can be replaced by quails, larks or even young partridges; in this case they will be cut.

Roast partridge. — The amateurs of roast partridge want it covered with a vine-leaf, before the bardings. Butter and put in very hot oven during about 20 minutes, often sprinkling. Serve on canapé with vine-leaf and barding. Watercress and quarters of lemon.

Roast woodcock. — Truss the woodcock, without emptying it, except the gizzard, do not cut the neck nor the head, as the woodcock is trussed simply, in crossing it at the height of legs with its beak.

Roast on direct fire 15 to 20 minutes. Serve on canapé and mix the roast gravy with the intestines which are crushed with some fine champagne or a madeira-glassful dry Champagne.

Roast snipe. — Same dressing as for the woodcock but 10 to 12 minutes cooking.

Roast hazel-grouse. — Is not actually abundant in our markets. It is treated such as for the partridge. The roast dish is deglazed with double cream and lemon juice.

Roast hazel-grouses "à la Russe." — Macerate during 1/4 hour in cold milk 3 hazel-grouses, plucked, singed and emptied. Well wipe them inside and outside. Season with fine salt, grains of pepper, juniper berries. Trussing and barding, then toss and colour them in a buttered casserole. Put them in oven for roasting, recover with clarified and melted butter and a spoonful lemon juice. After 20 minutes cooking, remove the hazel grouses, drop the grease in which a croûton is fried. Put it on a dish and place the hazel-grouse over. Deglaze the casserole, reduce and use this reduction for glazing. Smitane sauce apart.

Roast quails. — Also covered with a vine-leaf and barding. The quails are roasted on very quick fire from 8 to 10 minutes.

Roast thrushes. — Same dressing than quails, but introduce one or two juniper grains in each before roasting during 10 to 12 minutes.

Roast larks. — Covered with bardings and put on a piece of wood or silver skewer, six at once. Very hot oven during 7 to 8 minutes. Arrange them on small canapés. Gravy apart. Surround with watercress.

Roast wild duck. — Same dressing as the teal, but half an hour cooking. Keep it rosy. Watercress and roast gravy and even currant jelly, served apart.

Roast teal. — No barding, nor butter. The teal is fat enough to insure its cooking during 20 minutes on very hot fire. Serve without canapé, but with watercress and roast gravy.

Roast plover and peewit. — Barding, but no vine-leaf; very hot oven : 15 minutes. Serve on canapé with watercress.

Roast black-cocks and grouses. — Truss the blackcock but grouses are in general fat enough. Plunge the game in cold milk, as for hazel-grouses for taking off their smell.

Roast them on direct fire during 40 to 50 minutes for the blackcock, according to its size and 25 minutes for the grouses.

Serve this game, accompanied with a bread sauce (see sauces) and sprinkle with roast gravy.

Saddle or haunch of roast venison. — The haunch is picked, also the saddle, with small lardoons, and marinated. Put it in a dish with some good roast grease and roast it on direct fire — 1/4 hour per pound — sprinkling very often.

Clear sauce "poivrade" apart and around or apart a chestnuts purée.

Haunch of wild boar or young wild boar. — Same dressing as haunch of venison : 1/4 hour cooking per pound. Sauce "Moscovite" or "Poivrade" apart.

Roast hare's saddle. — Pick the saddle with fine lardoons and marinate during 24 hours. Roast on direct fire with a piece of butter during 25 minutes. Serve with roast gravy or cream and lemon juice, or also light "Poivrade".

Entire stuffed and roast rabbit. — Cover with bardings and cook it from 45 to 60 minutes, often sprinkling. Deglaze the dish with white wine.

Roasts in cocotte, without oven

Note of author. It may happen that in certain circumstances, we do not possess an oven for roasts. In this exceptional case, the poultry, game, meats, etc., are toasted in a casserole or cocotte.

Toss and set the meat with very hot butter, on all sides. Season it lightly and cover the cocotte. Cook it on moderate fire in order to have a regular cooking and return the piece from time to time; time of cooking is the same, as there are no voids of heat but the skin is not so crusty.

PIES, TERRINES AND TIMBALES

At the paste chapter, the recipe will be found for pie paste and timbale paste. This recipe is established for a pie suitable for 10 persons or for two timbales of 5 persons. See page 503.

As regards the stuffing necessary for all these pies, the recipe is given in stuffing chapter, after the sauces, and in the same proportions. See page 112.

Pies are prepared in croûtons or in terrines. The latter can be kept for several months, if some measures are taken, as stated far away. The pie in croûte can only be kept for some days. The more known is the veal and ham pie. We give recipe of its dressing once for all, as these pies are made in the same manner.

How to garnish a pie mould

Take $\frac{3}{4}$ th of pie paste (see pastes), prepared 2 hours in advance. Make a ball and spread it with the roller, keeping it well round and let it get well thin. Obtain a thick paste of $\frac{1}{2}$ inch, flour it, ploy in two pieces and curve it with the two hands, putting the sides in the middle with small shocks, without making folds, in order to have the form of a cap, thinder it with the roller in order to have $\frac{1}{4}$ inch. Open it as it is ployed and introduce in a buttered mould of which it must have the form. (See fig. 83, 84). Well adapt it, making the form with the finger. Cut the depassing part at $\frac{1}{2}$ inch. of mould borders. Put the pie on a plate-iron. Pick the paste in bottom and garnish as stated hereunder.

Pie moulds have different forms; but no basis; one are right, others are widened, round, oval, squared and long. The garnishing of these pies is as follows :

Veal and ham pie. — Macerate with some cognac, salt, pepper and 4 spices $\frac{1}{2}$ lb. noix of veal, well white and denerved.

Take 1 lb. fine stuffing of pork, season it with about $\frac{1}{2}$ oz. spiced salt and cognac of veal maceration. Garnish the pie mould which is garnished with paste, and put half the stuffing, on which a slice of meagre cooked ham of about 2 ozs. Upon it the piece of veal, recover with another slice of ham, put the remnants of stuffing. Cover this one with a thin barding and put some thyme and bay-leaf. Make a cover with remnants of paste, glaze the top and do not forget to make a hole in order that vapour comes from the cooking.

Bake this pie in a hot oven during about 40 minutes. It is cooked when some gravy comes from the hole made in middle of the cover. (See illustration, page 413.)

The pies "Pantins" (without mould). — These pies are more easily cooked than those in moulds (which are too high) and the top of which broils before they are cooked if the oven is not guided, whereas the pies "pantins" are cooked in anyone oven. However, the paste beeing not maintained by the mould, can be cracked and if this accident happens in the pie basis, the gravy can flow.

Prepare a paste in oval form somewhat thick, garnish middle, in length, but not from side to side, with stuffing and meat, the latter always put between stuffing. First raise the paste on the two sides, put the two ends, minced by the roller, oven and join lightly with the brush. Return on a plate-iron, make a rectangular cover as pie and paste it oven. Glaze with egg, let it dry and glaze a second time for solidifying the paste. Bake in hot oven, do not forget to make the small hole on the top, maintained opened with a rolled card, making chimney. A pie of 3 pounds needs about 1 hour cooking.

For all these pies without moulds, the paste must be made on the preceeding day.

Poultry pie. — Proceed as for veal pie, but avoid ham and mix with the boned poultry small lardoons of fresh fat bacon.

Rabbit pie. — Bone reins and legs of rabbit, well take nerves and epiderm. Macerate the flesh with cognac or madeira and season them with spiced salt. Garnish the pie with couches of stuffing and rabbit, mixed with lardoons. Begin and terminate dressing of pie with stuffing — total weight equal to the boned rabbit. Terminate and cook as for veal and ham pie.

Hare's pie. — Proceed as for rabbit pie, but add to the stuffing the chopped liver and some spoonful hare's blood. Very season the stuffing.

Pheasant or partridge pie. — Bone the game, remove nerves and epiderm. Macerate the flesh with madeira and well season. Mix to the stuffing the livers and flesh of drum-sticks, crushed and strained through tammy. Garnish and cook the pie, same proceeding as above.

Thrushes of larks pie. — Proceed as for partridges. Bone the birds and macerate them in madeira. Make balls with them to be put in the pie and put in each bird a small cube of goose liver and like a hazel of truffles. They are then put in the pie between the stuffing containing livers and intestines, tossed in butter and strained through tammy. Very spiced stuffing, bake in very hot oven

When it happens that the pie is coloured before beeing cooked, it is covered with a great wet paper.

Remark. — These pies (which are eaten when cold) must be garnished with jelly, which must be aromatized according to the pie's nature. The jelly is only put when the pie is cold as the sinking of meats makes a hollow



Fig. 272. — Timbale "à la Sully" (see page 420).



Fig. 273. — Pompadour of small duck "à la Mirabeau" (see page 353).

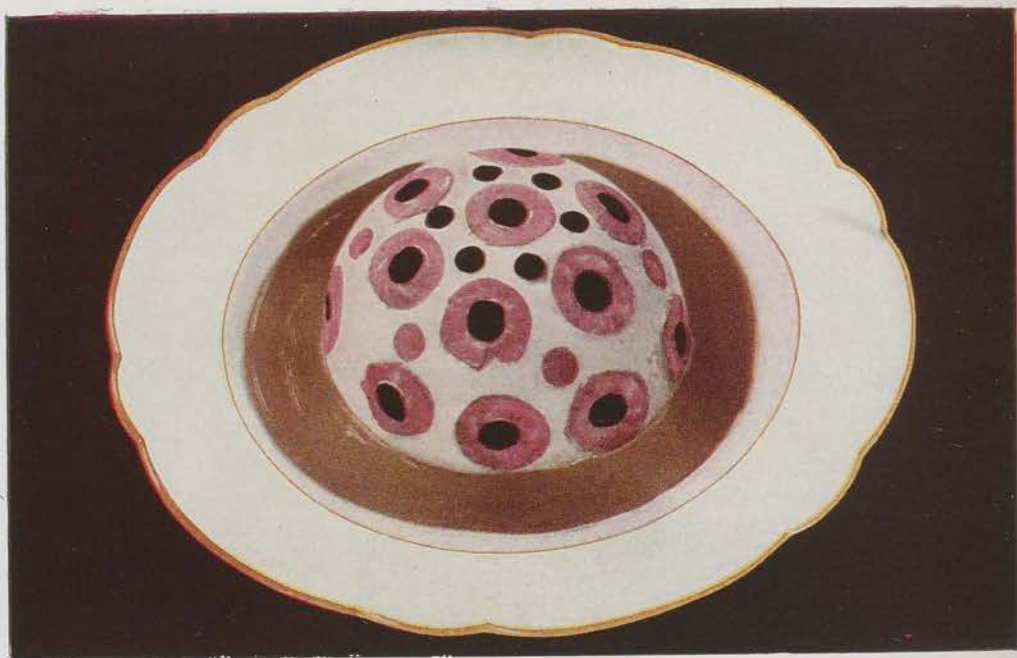


Fig. 274. — Timbale "à l'Ambassadrice" (see page 421).

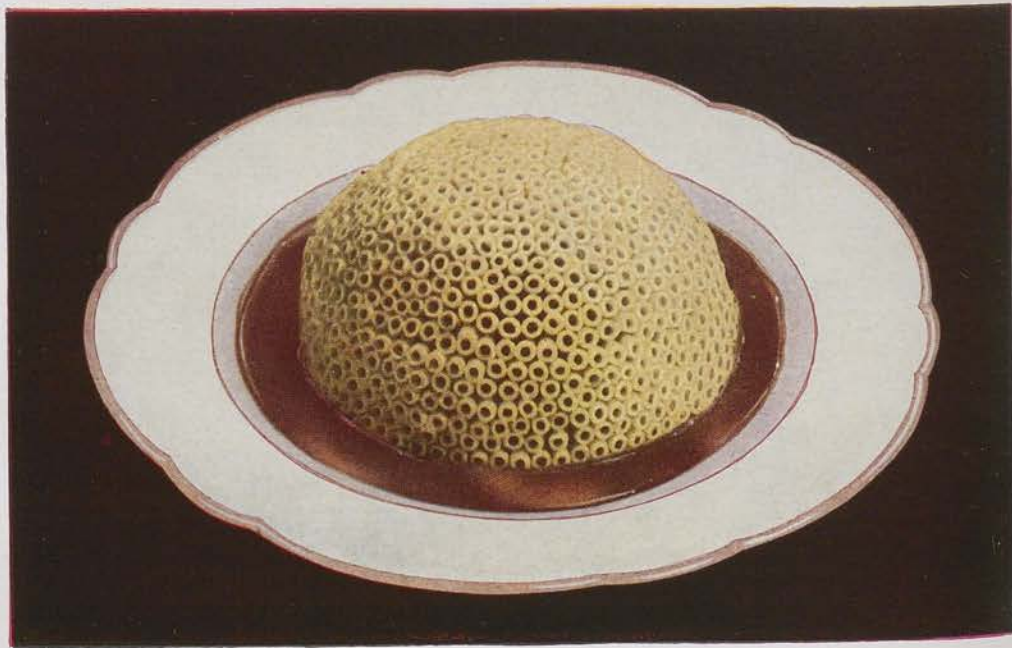


Fig. 275. — Timbale of goose liver "à la Cambacérés" (see page 366).



Fig. 276. — Puffed potatoes, prepared on serviette (see page 455).



Fig. 277. — Pie of all meats (veal, poultry, hare, etc.) (see page 409).



Fig. 278. — Puffed potatoes prepared in a basket (see page 455).

Presentation of puffed potatoes in a basket is very original and obtains great success. It is well understood that bottom of basket will be full, either with dry vegetables or silk paper and on this a ployed serviette which would receive the potatoes.

These potatoes can more simply be dressed in pyramid on a simple dish garnished with serviette or on Potato straws, as shown on the above picture.

between them and the croûte. Melted and very cold jelly is poured through the small hole of cover with a funnel or a forcing-bag and it gets set in a cool place.

Strasbourg goose liver pie. — Richest and finest of all pies, but which wants a care and a very particular work.

It is also called "Parfait with goose liver." Its dressing must be carefully made, in order to have a perfect dish.

Macerate on the day before a nice goose liver of about 1 1/2 lb. with salt, pepper, spices, madeira and cognac, put around 3 or 4 truffles, well cleaned and brushed. Cover in order to avoid evaporation of aromate, then also prepare on the day before, the stated paste.

On the following day, make the following stuffing : cut in dice 3/4 lb. unsalted fat bacon and toss it in a pan until it is somewhat stiffened. Remove it and put it on a dish. Pour in its grease 10 ozs fresh pork, 5 ozs calf's liver and 5 ozs noix of veal, all cut in dice. Stiffen also on rapid fire without giving colour. Then let get all cold, with the bacon. Add a seasoning composed of 1 tea spoonful salt, pepper and spices, thyme and bayleaf. When cold, put all in the hash-machine, then crush and strain through tammy. Add the madeira used for macerating the goose liver. Garnish a special mould with 3/4 of the paste, kept somewhat thick (1/4 inch). Spread the stuffing in the bottom and around, incrust in the goose liver quarters of truffles and keep it upright in the middle of pie, cutting and keeping, if necessary, all the exceeding part. Recover and terminate to fill with stuffing. Then make a cover with remnants of paste. Prepare a hole in middle of the cover, glaze and cook during 1 1/4 to 1 1/2 hour in very hot oven.

In order to ascertain a perfect cooking, pick with a trussing-needle in middle, and by the hole of cover. Remove it after half a minute, approach it to the lips and when it is somewhat warm the cooking is perfect.

Before serving, pour half-set jelly when it is well cold and put in an ice-box.

This pie can be kept 3 or 4 days, do not garnish with jelly, only the day before it is eaten. (See illustration, page 397.)

Duck pie of Amiens. — Amiens possesses the speciality of pies made with entire and not boned duck. Very great are made with two ducks in the same croûte which must be very thick. Nice ducks, having a strong chest, are picked with lardoons and stuffing with a stuffing made with livers (see gratin stuffing), but very spiced. Some stuffing will be put, but without abusing. Then these ducks are put in oven to be only stiffened and not coloured. Then they get cold and covered with paste, without mould. First, a thick and squared paste is made, the duck is put in the middle, a second paste is made, which is well joined to the others. Decorate the top with small motives of same paste and bake in hot oven during 1 1/2 hour, protecting the croûte when it is coloured, with plate-irons or thick paper. Do not put jelly.

Woodcock pie. — Bone the woodcocks, take off the gizzards, toss in a pan 4 ozs poultry livers and woodcock intestines, crush all, strain through tammy, add 7 ozs fine stuffing of pork, added with flesh of game's legs, hashed, strained,

seasoned with spiced salt. Put this stuffing on one side of woodcocks and give an ovoidal form.

Further, season 1 lb. fine stuffing of pork with spiced salt, some madeira and add 1/4 lb. raw goose liver, cut in small dice.

Garnish the pie mould with 4/5 of paste, pick the basis, spread the half of stuffing, then the stuffed woodcocks which are covered with remnants of stuffing. Close the pie with the reserved paste and decorate with some motives, glaze with egg, put in very hot oven, and after wards moderated in order that the croûte is not broiled. Cooking during about 1 1/4 hour.

This pie is served cold and some good jelly made with woodcock fumet can be poured. (See illustration, page 398.)

Pigeons pie "à la Virgile." — Bone one or several pigeons proceeding as stated for galantines and reforme with inside some gratin stuffing of poultry liver. Garnish an oval mould with pie paste, garnish with a couch of fine truffled stuffing, put upon a pigeon and recover with another couch of stuffing, sprinkle upon a branch of thyme and bay-leaf and recover with paste. Glaze and bake in hot oven during about 1 hour; pigeon must be very cooked. Young pigeons are necessary. It can also be garnished with jelly.

Larks pie of "Pithiviers." — Speciality of Pithiviers, this pie is made without mould.

Bone 8 larks by the reins (this work is made in advance). Perfume a jelly with the bones. Season them and macerate during a night with madeira. Make a gratin stuffing and mix livers and intestines of larks, tossed in pan and crushed. Put some of this stuffing in each lark, put a small cube of truffled goose liver in the middle and close them. Mix to 1/4 lb. gratin stuffing, 1 lb. fine stuffing of pork. Spread a large and thick couch of pie paste in a squared mould. Spread in the middle a thick couch of stuffing in order to put, side by side the 8 returned larks. Recover them with remnants of gratin stuffing, put the paste to recover the four sides wetting it in order that it is well joined. Return the pie upside down. Put on a thick cloth, pinch on all its surface, glaze, make 3 holes on the top for the evaporation and bake in hot oven during 1 1/4 hour.

Potted meats

They have same garnishing and dressing than the pies, it is not therefore necessary to give the above recipes. The dish is always garnished with very thin bardings in bottom and around, before being filled with alternated couches of stuffing and meat. Put also a barding upon, a branch of thyme and bay-leaf and after the cover is put, attach it to the dish with some paste composed of flour and water.

For the cooking, put the dish in a hollow plate-iron or in a roast dish, add about 2 inches water, boil and put in hot oven to continue ebullition of water. The cooking is perfect when, after 40 to 50 minutes, the cover is taken off and the grease obtained in the dish is well clear. Let it get cold on a small board, put a weight of 2 lbs and the sinking of meats will be obtained. All potted meats are treated in this way.

Jelly is put when the potted meats are cold, this jelly is also melted and cold. It is poured only on pies some hours before serving. As regards pies or potted game it is good to cook bones of game in this jelly.

Potted woodcocks. — Pluck, empty, singe and bone the woodcocks. Cut them in four parts, season and pick with lardoons and ham on the top. Toss the livers and birds intestines with some rasped bacon, add 4 ozs calf's liver for each used woodcock and let it get cold.

Hash for each bird : 1/4 lb. meager of fresh pork and same quantity of fat bacon. Add intestines and livers of woodcocks and the cold calf's liver. Season all and strain through tammy in order to have a fine stuffing. Take a fireproof dish, garnish the bottom with half of stuffing, put the pieces of woodcocks and recover with remnants of stuffing on which a small barding of bacon. Put the dish on a plate-iron with some water and bake in moderate oven during 1 1/2 hours, until that picking with a trussing-needle it is broiling and that the gravy obtained has lost its rosy tint. Drop the gravy and let get cold under pressing, pour in the dish, half-set jelly. Cover and keep in a cool place.

How to preserve the potted meats during several months

When the potted meats are eaten in the 8 or 10 days after they dressing, they can only be kept in a cool place and well covered with lard when they are cold.

If they are kept for the winter, they must be demoulded, removed of all grease, barding and remaining gravy. Wipe them in order to keep only the eatable part. Clean and wipe the dish, put the meat and entirely and copiously recover with lukewarm melted lard. The meat must be absolutely covered, in order it is not touched by the air. When the lard is well set, put a sheet of tin-paper. Put the cover and adapt well the paper at the joining in order to isolate all of exterior air.

Keep in a cool place, but not wet.

Potted goose liver. — Proceed, for dressing of goose liver and stuffing, as stated for Strasbourg pie. Garnish the terrine with fat bardings in the bottom and around. Fill with stuffing, put the goose liver in middle. Recover, well fill the dish with stuffing, add seasoning of 4 spices. Add the cover and surround it with a lace of paste. Prepare a hole in the cover for the evaporation. Cook in bain-marie during about 40 minutes for a dish containing 2 lbs meats. Let it get cold under pressing and treat, as stated above, to be preserved.

Potted pork's liver. — Denerve and hash 1 lb. pork's liver 1/2 lb. noix of veal and 1/2 lb. fresh fat bacon, add to this hash, chopped onion and parsley and 1/2 lb. old bread crumb soaked in cold milk and well pressed. Season this hash with 1 oz. salt, melted pepper, spices, 2 spoonful cognac and mix 3 full eggs.

Garnish the dish with thin bardings, put the hash, recover with barding, put some thyme and bay-leaf. Cover and cook in bain-marie during about 1/4 hour. Half an hour after, it is removed from oven, let it get cold under a board surmounted with a weight of 2 lbs.

Potted eels "au vert, à la Brabançonne." — Cut in fragments small cleaned eels, toss them in a pan with butter, add a good handful ribbed sorrel, parsley, chervil, chives, sage, burnet, savory, tarragon, all well green. Wet with half a bottle beer or if preferred with white wine and water for just bathing the eels. Season with salt and pepper, thyme and bay-leaf. Cook on good fire during 20 minutes, then mix with 2 or 3 egg yolks, some water, lemon juice and a coffee-spoonful fecula. Pour this mixture in the eels sauce, give a light simmering and put all in a dish, to be served cold or lukewarm.

This Belgian dish is very appreciated.

Various potted meats "à la Bonne-Femme." — This family dish is only comparative in its dressing with the above. It can be made with all sorts of meats: veal, rabbit, chicken, game, etc. Take, for instance, the boned back of a rabbit and 3/4 lb. well meagre veal or pork, plus 10 ozs thick chest bacon.

Cut these meats — in size of a thumb. Put them in the dish on the day before with salt, pepper, parsley, thyme, bay-leaf, spices, one onion and a minced shallot. This is made after the meats are stiffened in a pan. Recover with madeira and half a cupful white wine. Macerate well covered. On the following day, cook during 1 1/2 hour, let get cold and add some jelly.

Fish pies

For instance, during the Lent, pies of salmon, eels, fillets of soles, trouts, etc...; are made.

Salmon pie. — For the stuffing, see the chapter. Take a slice of 1 lb. salmon for 10 persons, bone it, season the flesh and garnish the pie, putting the salmon between the stuffing. Bake in hot oven, the cooking is not so long than for meat-pies. This will be ascertained when gravy comes at the surface of hole made in the cover.

Pie of trouts fillets. — Keep fillets of 3 or 4 river trouts and treat as salmon. This pie is served when hot with a light shrimp sauce.

Nota. — The stuffing of fish must be highly seasoned, as they are more unsavoury than meat stuffing.

Pie of sole fillets. — Keep the fillets of soles, stuff them with some truffled stuffing of fish, roll them in savoury collops and poach them in a fumet of fish and let them get cold. Further prepare a rectangular pie mould, somewhat narrow, garnish it with stuffing and savoury collops of soles. Terminate with stuffing, close the pie and bake in oven during 3/4 hour. Serve hot or cold.

Trouts pie. — We recommend this exquisite dish.

Take 3 trouts of about 5 ozs. Skin them of their silver dress, cut the heads, remove the fillets, and carefully bone them. Season and marinate the flesh with salt, pepper, onions and rounds of shallots, "bouquet garni," cognac and 6 table spoonful. Marinate during 2 hours. Prepare a stuffing with crushed flesh of a small pike, seasoned with spiced salt and rasped nutmeg, and like an egg of panada with cold milk, same quantity butter and 2 full eggs. Strain this stuffing through fine tammy and mix 3 or 4 chopped morils, tossed in butter and cold, 2 chopped truffles and chopped fine herbs. Garnish a mould *ad hoc* with excellent pie paste, garnish bottom and round with a couch of stuffing and put in the middle the fillets of trouts. Recover with stuffing and terminate the pie with a cover of paste. Bake in hot oven during 1 1/2 hour, then on the following day garnish it with an exquisite jelly prepared with marinate and carcass of trouts.

Coulibiac of salmon "à la Russe." — Make a coulbiac paste, somewhat thick (brioche paste not much buttered and without sugar), having the form of a long square. On the middle, put a couch of kache of buckwheat (semolina of buckwheat, cooked in stock and well thick). Upon the "kache," put some minced "vesiga," chopped hard-boiled eggs and raw chopped mushrooms. Put upon some cooked salmon, cleaned and spiced, recover with hard-boiled eggs and chopped mushrooms, then another couch of "kache." Keep the paste on the two sides, then on the two ends, such as for pies "Pantins." Return the coulbiac on a plate-iron and let the paste raise in warm. Glaze the top, sprinkle some bread crumb and bake in hot oven, after a small hole is made in the paste. Baking : 45 to 50 minutes and serve warm, after that melted butter in put through the hole. Serve together with a sauce-panful Smitane. The Smitane is an eager cream, very much used in russian cuisine. The Coulbiac is also made with puff-paste.

The timbales

The paste prepared for pies, is also convenient for timbales and croustades. Garnish the timbale moulds, according to recipes given for pies. However there are some timbales which are cooked such as the pies with their garnishings and others which are put in oven "empty" and are garnished after. (See fig. 83, 84, 85, 86, pages 57, 58, 59.)

Timbale of macaroni "à l'Ancienne." — Garnish with paste a timbale mould and garnish it with macaroni, cooked in advance, mixed with some madeira sauce, slices of cooked goose liver and truffles, seasoned and cheesed if desired. The garnishing is entirely prepared in advance and is put when cold, in the timbale. It is recovered with a round of paste attached to the borders and it is baked during 40 minutes in a very hot oven. Demould upside down and serve with a sauce-panful with madeira sauce.

Nota. — The timbale is garnished with all garnishing according to taste : veal sweetbreads, poultry, "Financière," etc... but always well cold and

with short sauce. The garnishing put when warm would melt and deform the paste, before the timbale is made.

Timbale of veal sweetbreads "in scales." — Make a thin short paste and cut small rounds with the ribbed punching-press diameter $1\frac{1}{4}$ inch. Butter the timbale mould, put these small rounds overlapping them in form of fish scales. Garnish the timbale with paste, as usually, but nicest owing to the first thickness constituted by the scales, wet them in order that the second paste is well adherent. Then fill with cooked veal sweetbreads, mixed with mushrooms, quenelles, etc. and some Velouté sauce. Cover with some paste, bake in hot oven during $\frac{3}{4}$ hour and demould. Serve the sauce apart. (See fig. 85, page 58.)

This original dressing is very gracious. (See illustration, page 397.)

Timbale "à la Sully." — Roll the pieces of pie-paste on a floured planck, make laces of size of great macaroni. Strongly butter a mould and put these laces in spirale, beginning by the bottom up to all the height. Season 5 ozs flesh sausage with fine herbs, salt, pepper and spread this stuffing with wet fingers for closing the intervals made between the rollers of paste. Then garnish with the choiced garnishing, Financière in general, cover, cook and serve hot as above. (See fig. 86, page 59 and illustration, page 411.)

Timbale "Milanaise." — Garnish a buttered timbale mould with pie paste, well spread around and in bottom, in order to avoid folds. Pick the bottom with a knife and garnish this timbale with sheets of silk paper, then fill with rice or all other raw and dry vegetables, which are only used in order that the paste is not deformed and swollen during the cooking. Bake in very hot oven, after 20 minutes the paste is half-cooked and cannot loose its form. Empty the timbale and put the croûte to dry in more moderate oven. This timbale is then garnished with macaroni "à la Milanaise." (See page 467.)

Timbale "à la Financière." — Same dressing as above, but as garnishing pour in the timbale a "Financière," i. e. quenelles, veal sweetbreads, collops, mushrooms, truffles, olives, cock's comb, all mixed with a good madeira sauce.

The croustades

The croustades are made as timbale, but in round and low moulds. They can be garnished as for timbale, either with "Milanaise," "Financière," gnocchis, etc., etc...

The small croustades for garnishing of dishes or for small "entrées" are made in somewhat hollow tartlets moulds. It is necessary to bake them first with anyone dry vegetable.

Vol-au-vent

Prepare puff-paste of about $1\frac{2}{3}$ inch, according to the size given to the vol-au-vent, then put in the middle (and not on borders) a dessert-plate or a returned lid on the paste, at about 2 inches of borders, then pick obliquely

a knife in the paste and cut it all around keeping the knife well inclined in order that when paste is separated it is presented like a thick galette, larger about $\frac{3}{4}$ inch on the basis than on surface. (See fig. 72, 73, page 52.)

Put then this vol-au-vent on a wet plate iron, not buttered and return it upside, down, i. e. that the larger part is on the top.

With the back of the knife's plate, make small approached nervures and lightly glaze the top with beaten egg. With the knife's point, make a light cutting in the paste, $1\frac{1}{4}$ inch. of borders for marking the lid which will be detached when the vol-au-vent is cooked. Entirely pick the paste 7 or 8 times with the knife and bake it in a very hot oven. A good half hour is necessary for cooking the vol-au-vent: 10 minutes very hot oven, then when it gets colour, it is covered with a paper and the cooking is Hachieved on moderate oven.

We must know explain why the vol-au-vent is cut larger on one side than on the other. This is due to the fact that the paste is straightened when cooking; principally when thickly cut. In putting the vol-au-vent returned on the wet plate-iron, the part representing the exact size of vol-au-vent will not be straightened owing to the wetting, but the one on the top is larger and when it is straightening, will have after cooking the same size and the vol-au-vent will be right, instead when cut right, it will have a point. When the vol-au-vent is cooked, remove it from oven, keep the lid and remove the inside crumb.

Timbale without croûte

There exists another category of entrées prepared in timbale moulds and of which the croûte is constituted by a stuffing, which is nicely decorated. See the more appropriated at the stuffing chapter.

Timbale "Ambassadrice." — Butter a half-spheric mould, put a decoration composed of thin rounds of tongue "écarlate" of $1\frac{1}{4}$ inch. diameter of which the middle is cut with the apple-corer and replace by a round of truffle. 12 or 15 rounds are necessary for the decoration. Spread upon a thick couch of quenelles stuffing with panada; which is put regularly and carefully with the wet spoon. Fill the timbale with a stew of veal sweetbreads, goose liver or poultry, etc..., cooked and mixed with a madeira sauce and well cold. Recover with stuffing, and bake $\frac{3}{4}$ hour in bain-marie in oven with buttered paper on the top. Demould on a round dish and surround with madeira sauce. (See illustration, page 412.)

Timbale "à la Orloff." — Very original, this timbale is used for remnants of poultry or others.

Make 12 small thin crêpes, without sugar. Butter a mould for "manqué" (moka mould), cut 6 crêpes in two parts and put the halves in this mould for covering it; the point of half crêpes in the middle of bottom and overlapping ones on others, the opposing end exceeding the mould. Cook 4 ozs semolina in $\frac{7}{8}$ pint stock, season and remove from fire. Then mix 2 egg yolks. Cut in very small pieces cooked chicken, mushrooms, ham and mix all with velouté

sauce. Add also 2 egg yolks. Garnish the bottom of timbale with half of semolina, put a crêpe over, pour the hash of chicken, put a crêpe and terminate to fill with semolina. Cover with a crêpe and beat down the pieces which are exceeding the mould. Put in oven in bain-marie during 20 or 25 minutes and serve this "entrée" demoulded and accompanied with a sauce Soubise. (See illustration, page 398.)

Timbale "Regina." (meagre). — Decorate with truffles the sides of a timbale and garnish with fish stuffing. Garnish the middle with a stew of fillets of soles, mushrooms, mussels, shrimps and crayfish tails or young crawfish. All cold and mixed with a shrimp sauce.

Close with stuffing, poach in bain-marie and serve apart a Nantua sauce. Can also be made in small babas moulds.

Timbale Bizontine. — Special to Besançon, from where it is forwarded in all the France. Garnish a dôme mould or for high biscuit with a stuffing of veal quenelles, somewhat solid (see stuffing). Fill the interior with a stew of veal sweetbreads, quenelles, comb's cock, kidneys, truffles, morils and crayfish tails, mixed with a very short velouté sauce, all prepared in advance and cold. Close the timbale with stuffing and poach 50 minutes in bain-marie.

Demould and cut on the top a round of about 2 inches diameter; then, through this opening, pour in the interior a coffee-cupful melted crayfish butter. Put the piece and serve accompanied with a velouté sauce with crayfish butter (see sauce Nantua).

Timbale "à la Bekendorff" (meagre). — Poach 7 ozs normal macaroni, drop and toss it in butter. Then mix with a well thick tomato sauce. Season and when it is well boiling, add, apart from fire, 3 egg yolks. Cut in fine collops 5 ozs smoked salmon and mix it to the macaroni, without any other dressing, mix also 1/4 lb. mushrooms; minced and cooked in butter, lightly grilled. Butter and powder with bread crumb, a timbale mould. Pour the macaroni and bake in oven, in bain-marie, during 25 to 30 minutes. Demould and serve together with a tomato cullis, well buttered.

DIFFERENT METHODS FOR PREPARING THE REMNANTS

With a remnant which seems to be insignificant, the warned housewife can prepare a small "entrée," a nutritive and pleasant hors-d'œuvre and this with the minimum of expenses. This is what we must explain in this chapter.

Remnants of beef

We begin by the beef and we must say that the designed sauces are recalled in their respective chapter. If we do not possess half-glaze sauce, a small brown roux is made, it is wet with some stock or gravy, some tomato mash is added and if the housewife has no stock, she will wet it with water and will add any "concentré" which is bought in the alimentary trade.

Hash "Parmentier." — This hash is made with remnants of boiled beef or braised beef. Hash it finely with the machine, toss in lard chopped onions, put the beef, a glassful white wine, some spoonful half-glaze sauce, salt, pepper, "bouquet garni." Braise in oven during 3/4 hour and pour in a gratin dish. Recover this hash with a mash of potatoes, wet with stock. Sprinkle with butter and brown in very hot oven.

Hash "Portugaise." — Prepare the above hash, arrange in middle of a crown of rice cooked in stock and recover with a tomato cullis.

Gratin beef. — Cut remnants of boiled beef, in slices. Put them in a gratin dish and pour a half-glaze sauce mixed with some mushrooms Duxelles. Sprinkle some bread raspings and gratin.

Beef "Miroton." — Toss in lard a good quantity of minced onions, when they are brown, powder them with flour, wet them with stock, add some tomato mash and season. Simmer during half an hour and pour on remnants of beef cut in thin slices and maintained in a warm place. Put some chopped parsley and a fillet of vinegar.

Fricadelles of beef, tomato sauce. — Make a beef hash with remnants, mix half of its volume of potatoes purée, well dried. Season with salt, pepper, fine herbs and chopped onions, cooked in butter. Then add a full egg per pound mixture. Make balls which are rolled and flattened with some flour. Fry them in a pan with grease and serve apart with a tomato sauce, which can be replaced by a sauce "piquante."

Boulettes of beef, sauce "Piquante." — Make a hash, as above and mix 5 ozs sausage flesh per pound beef and a piece of old bread crumb, soaked in stock, pressed, and crumbled. Season with salt, pepper, parsley, shallots and chopped garlic. Add also two chopped onions, cooked in lard. Make small boulettes with this mixture, rolled in flour, cooked in a pan with lard or oil and serve with a sauce "piquante" apart or tomato sauce. No potatoes in this hash.

Beef sauté "à la Lyonnaise." — Toss in a pan some boiled beef, cut in slices, when it is somewhat grilled, mix minced onions which are tossed apart. Toss all during 5 minutes and serve dry with a vinegar fillet and chopped parsley.

Beef "à la Genevoise." — Prepare in advance a border of Duchess potatoes with the forcing-bag and ribbed fancy-pipe and colour them in oven. During this time toss with butter one onion and two chopped shallots, wet them with half a glassful white wine and reduce to half. Add 1/2 pint. brown sauce, somewhat tomated, season and cook. Crush with a piece of butter 4 or 5 desalted anchovy fillets and mix this mash in the sauce. Cut the beef in thin slices, put some sauce in bottom of the dish, then the beef and arrange the remnants of sauce around. Sprinkle some slices of gherkins, a pinch bread rasping and lightly gratin.

Loaf of beef. — Hash the beef and mix it with some spoonful tomato sauce and a good quantity of Béchamel in order to have a soft hash. Season with pepper, salt, fine herbs and chopped onions, these ones slowly cooked with lard. Warm and give 5 minutes ebullition. Mix this hash, apart from fire, with 2 full eggs, well beaten for about 1 1/4 lb. hash. Pour it in a buttered timbale mould, bake in bain-marie, in oven, during 30 minutes. Demould and serve with tomato sauce, "Piquante," "Chasseur," etc...

Grilled beef, sauce "Tartare." — Cut the beef in somewhat thick slices. Flour and fry them in a pan with butter and oil. Pepper and toss them very much. They can also be egg and bread-crumbed "à l'Anglaise." Serve together with a sauce Tartare.

Beef salad. — Apart from these recipes, the beef can be served in salad with mayonnaise, sauce "Tartare," etc... Recipes will be found in the hors-d'œuvre chapter.

Beef turban "Vendômoise." — Very nice and appetizing cold dish for the summer and which does not give its origine.

Take 1/2 lb. jelly, melt it without warming. Cut in fillets (such as matches) meagre boiled beef, hash two hard-boiled eggs, assorted fine herbs, some ham, two gherkins and mix all with the melted jelly and nearly set. Pour the mixture in a savarin mould or an other one and let it set in a cool place, Demould and garnish the center of turban with a small salad of potatoes and green beans, mixed with mayonnaise and decorate the top with a tomato cut in slices.

Mutton

Thin slices of mutton's leg, sauce "Piquante." — Cut remnants of mutton's leg in thin slices, warm them lightly upon a dishful water and pour some well boiling sauce "piquante" in order to heat the meat, without being obliged to put it on the fire as the meat would become hard on the first ebullition of sauce.

"Moussaka à la Turque." — This oriental dish is delicious and easy to prepare. It is habitually made with remnants of braised mutton. Take braised mutton's shoulder and hash it finely. Fry in oil 4 egg-plants, cut in two parts, empty them keeping the skin. Hash the flesh and mix with the mutton's hash, together with 2 or 3 cut onions tossed in butter, two or three fresh tomatoes, tossed in quarters, salt, pepper, chopped parsley, all well mixed. Mix this hash and add 3 full beaten eggs. Garnish a Charlotte mould with skins of eggs-plants, the black face outside and fill with the hash. Bake in bain-marie, in oven during 45 minutes, then after it has laid during some moments, demould and surround with a light and well seasoned tomato cullis. (See illustration, page 282.)

Lamb's fillets "Orloff." — When there remains roasted lamb, leg or another part, it is boned, cut in thin slices and prepared with a purée Soubise, as stated for veal "à la Orloff" (see the word). Recover with Mornay sauce and glaze in oven, this will not seem to be a remnant.

Thin slices of mutton with "cèpes." — On remnants of braised or roast mutton's leg, cut thin slices, which are cleaned of their skin and hard parts. Further, toss in oil : 2 shallots, a chopped onion and 4 ozs colloped "cèpes." Powder them with a table spoonful flour which is coloured, always stirring with spatula. Wet then all with 1/2 pint white wine, reduce to half, add 1 3/4 pint stock, and three table spoonful tomato mash. Give 2 or 3 minutes simmerings, add the slices of mutton, remove the casserole on the side of fire, warm its contents during 4 to 5 minutes. Pour all on a warm dish, powder with a pinch chopped parsley and serve.

Cassolettes "Deauville." — Make an hash with remnants of mutton, either braised shoulder or remnants of leg which cannot be cut in nice slices. Braise this hash, as stated for beef hash and garnish warm small cassolettes of porcelain. Put upon half a hard-boiled egg and sprinkle with a light tomato cullis.

The Dolmas of cabbages. — Can be made with braised mutton. In principle, remnants of mutton can receive same dressings than those of beef. However the roast mutton must not boil in its sauce, as it would become hard and it is necessary to braise it. (See vegetables chapter.)

Veal, poultry and white meats

All remnants of white meats, veal, poultry, etc... are indifferently treated. The most known is the dressing of croquettes.

The croquettes. — With remnants of poultry or veal, lamb and in general all white meat, it must be cleaned boned and degreased. Then cut the meat in very small dice, add some cooked mushrooms, cut in small dice. Put the mixture in a pan with salt, pepper, some spoonful Béchamel sauce, thick, 2 egg yolks for 1 lb. hash. Toss all on fire until the mixture is well separated from the pan and that it forms a compact mass. Spread on a marble and when it is cold, cut them with the spoon, roll them in form of cork with some flour, egg, bread-crumbs "à l'Anglaise" and fry at the last minute in very hot frying. Arrange on a serviette and serve together with a sauce, either : tomato, Périgueux, madeira, with cream, etc... (See illustration, page 119.)

Poultry cuttlets. — With same mixture than croquettes, make small flattened cuttlets, of 1/2 inch. thick, egg, bread-crumbs and fry in butter in a pan (as for veal cuttlets) and returning them until they are coloured on the two sides. Arrange them in crown on a round dish with a small special curl-paper put on the side of bone and the middle can be garnished either with small peas, spinage, macédoine, etc..., or served with a sauce. (See illustration, page 121.)

Poultry rissoles. — The rissoles are made with a very small remnant of poultry, game, goose liver, fish, etc. These sorts of hors-d'œuvre include only very small quantity of garnishing. They can be made with remnants of puff or short-paste.

Prepare the hash in advance, mix it with a very small quantity of sauce and let it get cold. Spread a thin paste and cut it in large ribbed rounds. Garnish the middle with a small nut of hash and terminate as for "chaussons" with applies. Cook 3 or 4 minutes in very hot frying. Arrange on a serviette with fried parsley. (See illustration, page 119.)

Cromesquis "à la Polonaise." — The cromesquis are a variation of croquettes. They are prepared in the same way, but instead of egg and bread-crumbs "à l'Anglaise," they are soaked in a frying paste (see paste). Make very small croquettes with cold mixtures and recover them with a very thin crêpe. Plunge them in the frying paste and further in the very hot frying. Arrange on serviette and accompany with a tomato sauce.

The crêpe can be avoided and the croquette can be simply plunged in the frying paste.

Small boats "à la Chevreuse." — Cook 4 ozs fine semolina in 7/8 pint boiling, salted and peppered milk. When it is well cooked, remove from fire and add 2 egg yolks. Then fill entirely with this semolina, buttered small boats moulds, make a small hollow in center and put a very small quantity of hash or anyone purée, of which the nature will give the name to these small boats which are recovered with semolina and are always called "à la Chevreuse," owing to the semolina which envelops the garnishing without being mixed. Then demould these small boats, egg and bread crumbs, fry in butter and oil, return them when they are well brown and arrange on a serviette with a bunch of fried parsley, without sauce. (See illustration, page 119.)



Fig. 279. — Egg-plants "à la Vaclusienne." Stuffed egg-plants. Egg-plants "Meunière." Small gourds "à l'Orientale". (See page of vegetables 439 and following).



Fig. 280. — Artichokes bottoms "à la Florentine." Egg-plant fritters. Spinage with fleurons. Small gourds with cream. (See vegetables page 439 and following).



Fig. 281. — Celery in branches with gravy. Cauliflower "à la Polonaise." Braised lettuces with madeira. Artichokes "à la Barigoule." (See vegetables chapter, page 439 and following.)



Fig. 282. — Pieces of Artichokes "à la Lyonnaise." Stuffed tomatoes. Celeriac "à l'Italienne." Celery "à la Milanaise." (See vegetables chapter, page 439 and following.)

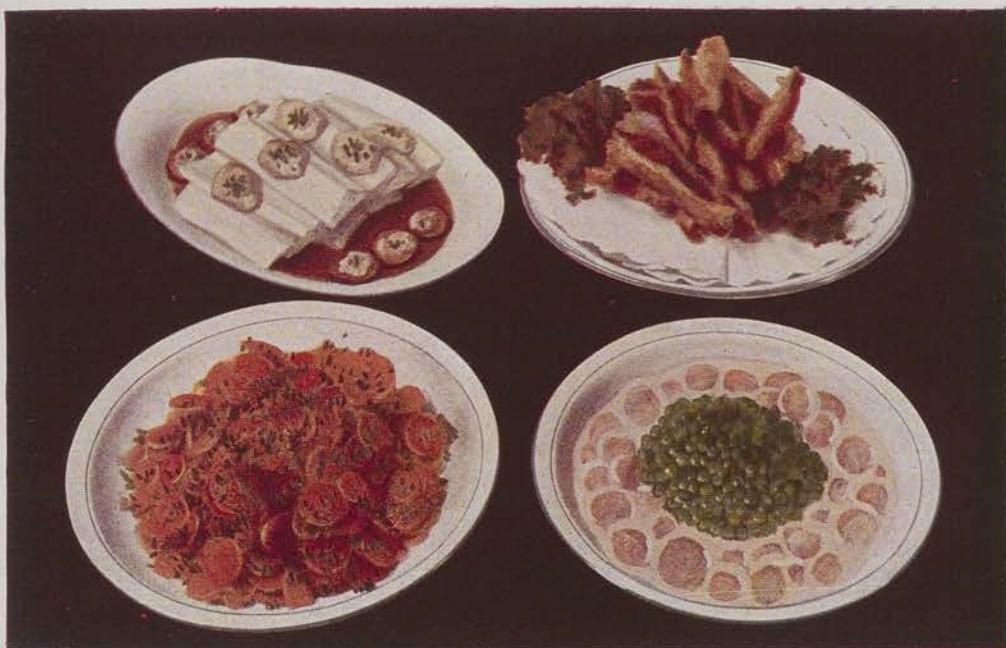


Fig. 283. — Cardoons with marrow. Fried Salsify. Carrots "à la Vichy."
Carrots "à la Chantilly." (See vegetables, page 433 and following.)



Fig. 284. — Rizotto piémontais. Rizotto milanais. Raviolis "à l'Italienne."
Rice "à la Créole." (See vegetables chapter page 433 and following.)



Fig. 285. — Mousseline purée. Potatoes Mont-d'Or. Potatoes Normande. Potatoes Mirette.
(See page 456 and following.)

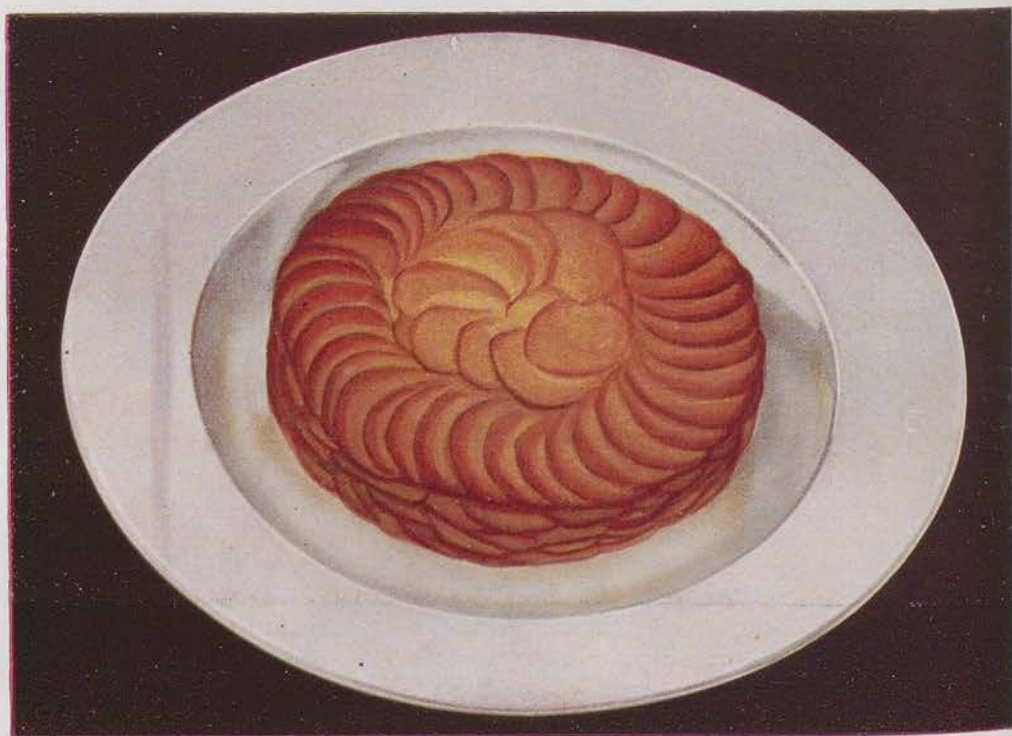


Fig. 286. — Potatoes Anna (see page 463).

Colombines of poultry "à la Chevreuse." — Exactly proceed as above, but mould the semolina in small round tartlets moulds, egg, bread-crumbs and fry them. Arrange them as the small boats. The name is given according to the inside garnishing : colombines of game, ham, fish, etc...

Skewers of poultry livers. — When we have 3 or 4 poultry livers, a delicious "entrée" is made in the following manner : cut the livers in 3 or 4 pieces and stiffen them in a pan with butter. Toss also in butter, after they are boiled a minute, about 15 chest lardons, cut in flat squares, cook in butter some colloped mushrooms heads, then put in metal or wooden skewers, in alternating : a slice of liver, a lardon and a collop of mushrooms, each skewer includes three of each sort. Egg and bread-crumbs à l'Anglaise and grill, sprinkling with oil or butter. Serve with a butter Maître-d'Hôtel with some watercress or appropriated vegetable. (See illustration, page 121.)

Pomponnettes of goose liver "Lucette." — These are rissoles under a different name. They are garnished, either with a small remnant of goose liver purée, either with a poultry hash or another, but in middle of the garnishing a small grilled and cleaned hazel is put. Further instead of playing the paste, it is brought on the garnishing, well tied, and which gives the form of a small alms-purse. Fry and serve as rissoles. (See illustration, page 121.)

The Mazagrans. — This is an agreeable manner for preparing remnants of all nature : poultry fish, sweetbread, brains, etc... Prepare a pound Duchess potatoes. Soft them with a full egg, butter tartlets moulds, spread in bottom and around a couch of Duchess potatoes. Garnish the middle with a coffee-spoonful hash of the employed meat and recover with Duchess potatoes with a forcing-bag and a ribbed fancy-pipe. Bake these small mazagrans in very hot oven and arranged on a warm dish, accompanied with a light sauce connected with the inside garnishing. One only mazagran can be made in a "manqué" mould.

Queen croustades. — Prepare in advance small croustades in hollow tartlets mould with puff croustade paste and bake them. Garnish them at the time of serving with a hash of poultry and mushrooms mixed with a white sauce. Cover with a spoonful Mornay sauce, sprinkle some cheese and gratin in oven.

Small pies with gravy. — Same proceeding as above, but with madeira sauce. Do not gratin and cover the croûtes with a small round of paste, of appropriated size and baked apart.

Meltings of poultry "Louissette." — This is another manner to prepare remnants of poultry. These are sorts of croquettes, in purée, instead of in hash. Clean and crush the remnants of poultry and add either some poultry livers tossed in butter, either some goose liver.

Mix with some white sauce and strain through tammy. Put again on fire with 2 or 3 egg yolks, according to the quantity of purée and cook in stirring until it is separated from the casserole. Let it get cold and cut in pieces of size of an egg. Roll with the hand and some flour and give the form of

a pear. Egg, bread crumb and fry them. Arrange them in cassolettes or paste croustades or Duchess potatoes and garnish the bottom with a spoonful Béarnaise. Arrange the meltings upright in the sauce and imitate the tail of pear with a branch of parsley. Serve very warm.

Melting of poultry "à la Cléry." — Same dressing, arrange these meltings in small crowns of Duchess potatoes and fill the bottom with a melting of fresh tomatoes.

Meltings of game "à la Diane." — Proceed as above replacing the poultry by remnants of pheasant or partridge and arrange in porcelain cassolettes with a good chestnuts mash in bottom and serve apart a small game sauce.

The fritots. — The fritots are made with all sorts of remnants, but they are made in pieces and not in hash. A chicken's leg, some pieces of calf's head, brains, calf's feet, mutton are well prepared in fritots. Cut the remnant in pieces of about 1 1/2 oz. each. Macerate them one hour with salt, pepper, chopped parsley and lemon juice. Plunge them in a frying paste and after in very hot frying. Well fried and crusty, they are arranged on serviette and served apart with a tomato sauce.

"Émincé" of poultry Duchess. — When there remains a somewhat important remnants of poultry or of an old fowl cooked in stock and of which the dry flesh has no savour, it is presented under a more appetizing form, according to this delicious recipe :

Prepare a border of Duchesse potatoes (2nd recipe) and instead of forcing-bag and ribbed fancy-pipe, put on a fireproof round dish a great lace in crown all around. Fill the middle with the boned poultry, cut in thin collops which are alternated with some cooked mushrooms and Mornay sauce. Recover the garnishing with a last couch of sauce, but not on the potatoes border. Sprinkle some bread crumb, recover with butter and gratin in hot oven.

Capilotade of poultry. — Use remnants of poultry, either turkey, fowl or duck. Cut the poultry in pieces, without boning it, simmer in the following sauce : toss with some oil a coffee-spoonful chopped shallots, add some crushed garlicks, then a glassful white wine and reduce to half, then add the half-glaze sauce, some skined tomatoes cut and tossed in oil, also some minced mushrooms, salt, pepper and chopped parsley. Simmer this sauce before adding the chicken, serve as a stew with chopped parsley.

Émincé of poultry "Piémontaise." — Prepare a rizotto, lightly tomated and arrange it in border on a round dish. (It can be moulded in a savarin mould, it is nicest, or arrange with the spoon). Put in center an "émincé" of poultry and mushrooms, mixed either with sauce Suprême, either tomato sauce or even madeira sauce.

Poultry scallops "à la Mornay." — Use scallops for replacing the paste croustades or porcelain cassolettes. A delicious "entrée" is prepared with minced chicken and mushrooms, mixed with a good cheese sauce, highly

seasoned. Copiously nap with sauce, sprinkle with some cheese and bread crumb and gratin. The scallops can be bordered with Duchess potatoes put with the ribbed fancy-pipe and forcing-bag.

Remnants of fish, brains, etc... can be presented in scallops. (See illustration, page 121.)

Small timbales "à la Courtisane." — A remnant of chicken or even a hard fowl used for a stock, can be nicely presented. Prepare half a dozen very thin crêpes, without sugar, cut first in these crêpes about a dozen of rounds, of size of babas mould. Cut then small slices for covering entirely the mould's inside, and consequently it will be entirely garnished with crêpes. Crush then the cooked poultry with salt, pepper and Bechamel. Make a creamy stuffing, strain it through tammy, mix some dice of mushrooms and 3 egg yolks. Fill the timbales and bake them 8 to 10 minutes in bain-marie, in oven. Demould and pour around a sauce Soubise. Exquisite and original dish, also called "à la Païva."

Small loafs of poultry. — Crush the cooked poultry and mix a 6 table spoonful Béchamel for 4 ozs flesh, 2 spoonful double cream, salt, pepper, rasped nutmeg and full egg. Strain this purée through an iron tammy and poach it in bain-marie, 10 minutes in small buttered moulds, either babas moulds, either brioches moulds.

Demould and nap with a Suprême sauce or another. Very rich small "entrée."

Poultry soufflé. — Make a purée in crushing the remnants of poultry with some Béchamel, season, strain through tammy and heat until ebullition. Add, apart from fire, 3 egg yolks per 1/2 pound meat and then 2 whites in snow. Cook as for all soufflés.

Small goose liver soufflés. — Same proceeding. The liver is mixed with Béchamel and some highly seasoned cream with paprika, and add 1 egg yolk in surplus for the same quantity. Slices or fillets of truffles can also be mixed.

Mousse of poultry Sévigné. — With an old fowl used for the stock, prepare a very creamy purée, seasoned, mixed with Béchamel and 3 full eggs until it is strained. Prepare a mould, decorate in "Chartreuse" and put the purée (see Partridges chartreuse). Poach half an hour in bain-marie, let it fall in the mould and demould. Serve together with a sauce Suprême.

The pannequets "à la Mornay." — These are very small crêpes without sugar. Put in middle a spoonful poultry hash mixed with mushrooms and 1 or two spoonful white sauce.

Ploy the crêpes in the four sides for well closing the garnishing. Put them on a fireproof dish, the folds on the bottom, nap with a spoonful sauce Mornay, sprinkle some gruyère and gratin in hot oven. (See illustration, page 121.)

The crêpes can be garnished with all sorts of remnants, either in hash, either in purée, this will constitute an excellent and nutritive entrée.

Soufflé of ham. — Crush 7 ozs cooked ham, well degreased with 1 1/2 oz. butter, add a tea-cupful creamy Béchamel and 2 ozs thick cream. Season with pepper, colour with some carmine, strain through iron sieve and warm until ebullition. Put some sauce if it is too dry, this must be like a thick cream. Remove from fire after cooking, mix 5 egg yolks and 3 whites in snow. Bake 25 minutes in very slow oven in a buttered soufflé casserole. Serve immediately. Soufflés can be made with all remnants of meat; let the guests wait, instead of the soufflé.

Cassolette Suzanne. — It is possible to make an exquisite and sufficient "entrée" with a very small remnant. Boil during 4 minutes well cleaned spinage, drop, refresh, press and toss them in butter, without hashing them. Put them in small porcelain cassollettes (or in scallops). Place upon the gross hash of poultry or veal, veal's sweetbreads, etc... mixed with some mushrooms and a little Béchamel. Season and heat. Nap this hash with same sauce and put upon a slice of truffle or a cooked mushrooms head and serve.

Cassollettes Opéra. — Cut remnants of ham in dice, some mushrooms and truffled goose liver, all mixed with a short madeira sauce. Garnish warm porcelain cassollettes. Put as a lid a round of Duchess potatoes, glazed and baked in oven, after it has been cut in the size of cassollette.

Nota. — Very small delicious "entrées" can be presented in modifying the garnishing and dressing.

Poultry salad Parisienne. — Put in a dish, a lettuce salad, well dropped and grossly cut. Put upon well thin poultry collops. Nap all with a thick mayonnaise for masking. Decorate with slices of hard-boiled eggs and the heart of lettuce cut in quarters. (See illustration, page 104.)

Poultry scallops Mayonnaise. — Proceed as above, but in scallops instead of a dish if the remnants are not so important.

Emincé of chicken "Arlésienne" (Cold). — Cut a nice remnant of chicken in thin collops. Cut also in very small dice vegetables cooked separately. Mix with some spoonful mayonnaise, highly seasoned and hard, and make a macédoine. Garnish half-tomatoes with a spoonful of macédoine. Recover with pieces of poultry, nap with a spoonful mayonnaise mixed with thick tomato purée. Arrange the tomatoes on a dish with a bush of parsley and decorate the rosy Mayonnaise with an olive in center.

Game

The preparations shown for white meats are also convenient for the game-birds, but it must be noticed however that the mixture is made with brown sauce, either madeira, either game sauce and not white sauce.

It is therefore not necessary to recall the recipes for croquettes and others dressings, as the work is the same, apart the sauce. However there are some dressings special to remnants of game, either game-birds, or hair-game.

Cassolettes Sultane. — With remnant of pheasant, partridge, or other game, make a chestnuts purée ($\frac{1}{3}$ rd of the crushed game). A purée of game is made, mixed with a salmis sauce and to which the chestnuts purée is added. Season, keep in warm and garnish cassolettes either in short-paste or in porcelain. Recover them with a spoonful sauce and put on the top a round of truffle.

Cassolettes Mylord. — Mix some dice of cooked ham to the game and garnish the cassolettes in which a spoonful bread crumb, grilled in butter, is poured.

Small boats "à la Cosaque." — Prepare in advance a dozen small boats, somewhat large, in short-paste. Poach 4 ozs spaghettis in water, drop, cut them in small pieces about 1 inch and simmer them in a small game sauce which is prepared in advance with bones and giblets. Add tomato to the sauce and mix the remnants of game, cut in small fillets. Simmer and garnish the small boats.

This is made when the quantity is not sufficient for making croquettes or cuttlets.

Game scallops Duchess. — With a forcing-bag and great ribbed fancy-pipe, surround the borders of scallops with Duchess potatoes made with full eggs, then garnish the middle with collops of game mixed with some slices of ham and truffles. Copiously nap the game with sauce and put 5 minutes in hot oven. (See illustration, page 121.)

Cassolettes Saint-Hubert. — Garnish the porcelain cassolettes with a game purée, either hair-game or game-birds. Crush the game with some sauce, strain through tammy, mix with some port-wine and heat. Fill the cassolettes until $\frac{3}{4}$ th, recover with some Duchess potatoes, with the forcing bag and the ribbed fancy-pipe. Brown in oven and put a grilled mushroom head in the center.

Hare's loaf "à la Moldave." — This hare's loaf can be made either with raw or cooked flesh of game. Remnants of hare can be used. Clean this flesh, and crush it very strongly. When it is reduced like a fine purée, add, for 1 lb. flesh, $\frac{1}{2}$ pint very thick and cold Béchamel then 5 ozs double cream. Add then 2 full eggs and 3 egg yolks season with salt and pepper and strain through iron sieve. Pour the mixture in a timbale mould or another, which is buttered, and poach in bain-marie, without boiling.

Take further about 10 great heads of mushrooms, grill them and prepare some buttered chestnuts purée.

Arrange the hare's loaf on a round dish, nap it with a light half-glaze sauce made with hare's giblets. Put all around the loaf, in crown, the returned heads of mushrooms filled with the chestnuts purée (this made with the forcing-bag and the ribbed fancy-pipe).

Crépinettes of hare. — With 10 ozs game, mix $\frac{1}{2}$ lb. fine stuffing of pork or even sausage flesh. Season very much and recover the stuffing with "crépine" by small parts about 3 ozs or "toilette of pork" bought at the pork-

butcher's shop together with the stuffing. Give the form of flat sausages, recover them with some grease and put them to 15 or 20 minutes in a very hot oven. Arrange them around a purée, either chestnuts, celery, peas, or simply potatoes and serve at the same time a hare gravy made with the bones and mixed with fecula.

Hare's foam Saint-Hubert. — Make a purée with a remnant of game, well cleaned and clear with some game sauce, either salmis or civet, etc. Strain through sieve, warm this purée and mix it apart from fire with 2 or 3 egg yolks and 2 whites in snow. Butter small babas moulds, fill them and poach them in bain-marie during 10 to 12 minutes; demould and sprinkle with a sauce "poivrade" made with bones and giblets of game.

Hare's loafs "à la Monselet." — Entirely denerve the flesh of a hare and crush it with salt, pepper and very little four spices. Then add to this purée a tea-cupful Béchamel; well cold and thick, a cupful double cream and then 4 egg yolks. Strain all through sieve and fill with this mixture 12 small buttered babas moulds, placed in a bain-marie for baking during 12 minutes, before serving. Prepare in advance, with bones and crushed giblets of game, a good half-glaze sauce with game's fumet. Prepare also a marmelade of acid apples, without sugar and lightly lemons. Arrange the small loafs around a round dish, sprinkle with some sauce and serve the marmelade apart.

Soufflé of game. — Crush remnants of game with some spoonful Béchamel. Strain through sieve, and mix this purée with sauce, until it is creamy. Season and apart from fire mix 3 egg yolks for 1/2 lb. flesh and then 2 whites in snow. Bake as for the "soufflés."

Friands "à la Diane." — Make a small hash of game, highly seasoned. Spread some puff-paste in long slices of 1/10 inch. thickness on 3 1/4 inches large. Put some hash on borders and roll with the paste which must make two tours on the hash. Cut at the edge and bake in hot oven after it has been glazed. Serve warm. These are a sort of long small pies.

Fish

The remnants of fish are more often used cold in vinaigrette or in mayonnaise. They can also be presented hot either in croquettes or cuttlets, in rissoles, in pannequets, in loafs or in foams.

It is not therefore necessary to recall what has been stated for the poultry. We must recall that sauces must be in accordance and when no Béchamel is used, the sauces with white wine, shrimps, "à la Nantua," "à la Cardinal," etc.— will be used, following the cases.

Here follow some recipes special to the fish.

Cadgery of fish. — Prepare a sauce with curry and rice "à la Créole." Piece and clean remnants of cooked fish, either brill, salmon, turbot or even

cod. Put in a timbale or in a hollow salad-dish, a couch of rice, recover with fish and nap with sauce. Put again rice, fish and sauce. Warm in oven before serving, but not gratin.

Pike "à la Palestine." — Cook noodles, toss them in butter and put them in a gratin dish, recover them with fish, cleaned of bones. Nap with a light Béchamel with cheese and gratin.

This dish can also be made with turbot or brill.

Tomatoes "Monseigneur." — Make a purée with a remnant of fish, mix it with an highly seasoned Béchamel and add 2 egg yolks, apart from fire and fill with this cream half-tomatoes, emptied and seasoned. Sprinkle with melted butter and bake in hot oven during 10 or 12 minutes. Tomatoes can be replaced by croustades or tartlets.

Scallops of lobster or crawfish "à la Thermidor." — Hash remnants, not too finely. Season with sauce indicated in the crustaceous chapter for the lobster Thermidor and arrange in scallops which are gratined.

Mayonnaise of salmon or crawfish. — Clean a remnant and put in a salad-dish upon a dôme of minced lettuce. Nap with Mayonnaise and decorate with : hard boiled eggs, capers, gherkins, olives, etc., according to taste.

Scallops of salmon "à la Parisienne." — Garnish the bottom of scallops with some minced lettuce, put upon the cleaned cooked salmon, nap with very hard Mayonnaise and decorate with a chopped hard-boiled egg and a pinch capers.

Scallops of crawfish. — Same proceeding than for scallops of salmon "à la Parisienne."

Ondines with shrimps. — In order to use a very small remnant of salmon, make a foam, crushing 1/2 lb. cooked salmon with 1/2 oz. butter and 2 ozs double cream. Season and add 2 ozs cream, lightly whipped. Garnish small hollow moulds, put in middle a salpicon of shrimps tails mixed with mayonnaise. Recover with salmon foam and put in the ice during 20 minutes. Demould in a hollow dish either silver timbale or cristal cup and recover all with a good jelly of white wine, very limpid and not very solid. Decorate each ondine with a leaf of chervil and pick a pink shrimp.

Foam of salmon. — Crush remnant of cooked salmon with 4 ozs butter for 1 lb. salmon and 4 ozs thick cream, add 2 or 3 spoonful cold Béchamel, a highly season and add some carmine. Strain through sieve and then mould as an aspic in a mould garnished with jelly. Serve with chopped jelly.

Colin "à la Parmentière." — Cook potatoes with water, cut them in thick slices and put them in borders on a round gratin dish. Put in middle remnants of well cleaned colin (or any other fish). Sprinkle with minced mushrooms, tossed in butter and recover all with a shrimp sauce or simply with a Béchamel a little tomatoed, in order to have a shrimp colour. Sprinkle 1 or 2 chopped yellow of hard-boiled eggs; add some butter and simmer 1/4 hour in moderate oven.

Ham

Muslin of ham "à la Florentine." — For 8 persons, take 1 lb. remnants of cooked ham, and remove all fat and nerves. Hash this ham through the hash-machine, crush it and add 1/2 pint thick Béchamel, then 4 ozs double cream, 2 entire eggs, 2 yolks and some drops carmine for avivating the colour. Only season with pepper as the ham is generally salted. Put this stuffing in a round and flat mould, buttered and powdered with bread raspings. Poach in bain-marie during 35 or 45 minutes. During this time, boil about 4 minutes, in salted water 3 lbs spinage well cleaned. Drop, wash and toss them quickly with butter, without hashing them. Arrange them in middle of a gratin dish. Demould the ham upon. Nap all with a sauce Mornay and powder with cheese for gratining. Do not leave water in the spinage.

Muslin of ham "à la Mornay." — With same mixture than above (but with 3 entire eggs instead of 2), fill a buttered mould for "manqué" and cook this loaf during about 35 minutes. Demould on a gratin round dish; nap with Bechamel with cheese, and gratin in hot oven. Serve warm.

Muslin of ham "à la Viroflay." — This recipe applies for a remnant of ham. Hash and crush 1/2 lb. meagre cooked ham, with 3 ozs butter, a cupful thick Béchamel, salt, pepper and some drops carmine. Strain this purée through sieve and warm it with 2 spoonfuls cream. Add, apart from fire, 3 egg yolks and then the white in snow. Fill until 3/4th. small cassiolettes of special paper which are oiled inside. 10 or 12 minutes before serving, put these cassiolettes in a hot oven.

When cooked and puffed, arrange them on a dish garnished with a serviette and around a spinage purée which will be placed in a croûte of short-paste or even present the spinage under the form of cooked loaf, made in a charlotte mould.

Ham's loaf "à l'Aurore." — Proceed as above. When the ham is strained through sieve, mix 3 full eggs per 1 lb. a little carmine and paprika and also 3 spoonful double cream. Cook the mixture in a round and flat mould, but red, powdered with bread crumb. The cooking is made in bain-marie in oven during 35 minutes, then demould on round and warm dish and napped with sauce Aurore. Upon the sauce, sprinkle 2 chopped yellow of hard-boiled eggs and serve warm.



THE VEGETABLES

The great variety of vegetables as well in England than in France and the multitude of recipes, oblige us to present only in this book the recipes which must have the consideration of epicures. The list is great, in spite of the necessary selection.

Artichokes

Artichokes, white or "vinaigrette" sauce. — Cut the top of leaves, and also the bottom. Wash them. Cook them in salted boiling water until in pulling the leaves in the middle, they are well separated. Refresh them, drop them and arrange them on a serviette. Serve together with a white or "vinaigrette" sauce.

Artichokes "à la Mireille." — Take very small artichokes sort of "poivrade," remove only the leaves and cook them in a casserole with a glassful stock or water, 6 table spoonful olive oil, salt, grains of pepper and 12 small onions. Add then 3 or 4 cleaned tomatoes, cut in quarters and cover. Cook all strongly during half an hour and serve as it is, cold in preference.

Artichokes "Barigoule." — Cut the top of normal artichokes, cut the bottom and cook them in half with salted water. Refresh and draw the leaves in the middle and also the choke, in order to have hollowed artichokes. Fill them with a Duxelles of mushrooms (see mushrooms) added with some cooked chopped ham.

Cover the stuffed artichokes with a barding, fixed with two rounds of string, then put them upright in a cocotte containing some spoonful broiling oil. Wet them with half a glassful white wine, add 2 or 3 spoonful tomato purée and same quantity clear half-glaze sauce, salt, cover with an oiled

paper and bake in a moderate oven during 35 to 40 minutes. Remove the string and serve with the degreased gravy, not too abundant. Reduce it, if necessary. (See illustration, page 428.)

Artichokes bottom "à la Colbert." — Peel them entirely, when raw and not when cooked, as each leaf would keep a part of the bottom. Break and cut the leaves at the edge of bottom, then peel them as for potatoes. Rub them with lemon juice and put them in a lemoned water. Mix some flour with a great quantity of water, put the artichokes bottoms, salt, pepper, lemon. Cook them until the choke is easily removed. They are then refreshed and emptied. They are prepared in this way for all sorts of uses, either, garnishings, vegetables, or soup, or purée. They can be tossed in butter, entire or in quarters, they can also be soaked in frying paste for making fritters and filled with all sorts of vegetables.

In order to serve them "à la Colbert," egg and bread-crumbs, roll them in flour, then in beaten egg, then in white bread crumbs, fry and arrange on a round dish with in each, a spoonful Colbert sauce (see sauces).

Stuffed artichokes bottom. — Peel the raw artichokes as above, cut the leaves $\frac{1}{3}$ inch. above the bottom. Rub them with lemon juice and cook them in lemoned, floured and salted water. Refresh them, take off the choke and stuff them with hash, either cooked meat, or mushrooms or any sort of "purées." Gratin them and serve with appropriate sauce.

Artichokes bottom "Argenteuil." — Clean the bottoms after they are cooked. Stew them in butter, season. Arrange in crown around asparagus heads mixed with cream sauce. Powder with chopped fine herbs. The bottoms can be filled with the asparagus points.

Artichokes bottoms "à la Florentine." — Prepare the bottoms as stated for "la Colbert." Fill them with spinages "à l'Anglaise" i. e. in leaves. Garnish them in dôme and recover them with a spoonful Mornay sauce, sprinkle some rasped cheese and gratin. The artichokes bottoms can also be garnished with all sorts of cooked vegetables, tossed in butter, either macédoine, small peas, mushrooms, etc. either a garnishing of meat. (See illustration, page 427.)

Artichokes hearts "à la Printanière." — Cut in 4 parts small tender artichokes. Half cook them with water, drop them, put them in a pie-dish or in a fireproof cocotte and presentable for the table. Sprinkle with half a glassful white wine and some spoonful good veal gravy. Put around a handful small new carrots, a handful of quarters of turnips, a handful small peas, 6 or 8 small new potatoes, 2 tomatoes cut in quarters, salt, pepper, chopped parsley. Add then a good piece fresh butter, cover and bake in oven during 35 to 40 minutes. Serve as it is.

Quarters of artichokes "Lyonnaise" and "Italienne." — Cook the quarters of artichokes with boiling water. Drop them, put them in oven with some oil, arrange them on a dish and sprinkle with a sauce "Lyonnaise" or sauce "Italienne" (see sauces). (See illustration, page 428.)

Asparagus

The most reputed asparagus are those of Argenteuil (France) or Malines (Belgium) with a violet end. The green asparagus are strongly esteemed, and also the small, called points of asparagus, of which the top only is eaten, either as vegetable, or as garnishing.

Asparagus, white sauce. — Scrape and wash the asparagus. Tie them in bundles and cook them in boiling and salted water. Not boil too much to avoid breaking the heads. Refresh them. Keep them warm in salted water and arrange them on a serviette with a bush of parsley. Serve apart a sauce Mousseline or Hollandaise or simply a sauce Bâtarde. (See sauces.)

Asparagus "Vinaigrette." — Same cooking and serve them somewhat lukewarm with a vinaigrette apart.

Asparagus "à la Milanaise." — Arrange the asparagus, overlapping them in order that the heads are visible. Sprinkle some rasped cheese and pour upon a good quantity of hazel butter. Put them 3 minutes in very hot oven in order to gratin.

Asparagus "à la Flamande." — Serve for each guest the half of a hard-boiled egg, crush it in the plate and mix 3 spoonful melted butter. The asparagus are cooked as usual.

Asparagus points with cream. — Break the tender part of asparagus points and cut it in pieces. Cook them in salted boiling water. Drop them and simmer them in a light Béchamel, mixed with some cream. Season with salt and sugar and before the time of serving mix them with 1 or 2 egg yolks mixed with some cream. Arrange in timbale or in a hollow dish.

The points can also be tossed in butter, as for small peas. The two vegetables are also mixed. Good soups can be made with the asparagus points.

Egg-plants (aubergines)

Egg-plants "à la Meunière." — Cut the egg-plants lengthwise in slices of 1/2 inch, roll them in flour and cook them in butter. Powder them with salt, lemon-juice and broiling butter. Sprinkle some parsley. Before cooking the egg-plants, powder them with fine salt and let get them empty during 30 minutes and sponge them. (See illustration, page 427.)

Fried egg-plants. — Peel, cut them in round of 1/2 inch salt and let get them empty. Sponge, flour them one by one and plunge them in broiling oil. Serve immediately, as they are easily soft.

Stuffed egg-plants. — Cut the egg-plants in two parts lengthwise, without peeling them. Make an incision in the flesh at 1/4 inch of the skin and a few in the middle. Salt, let get them empty during 1/4 hour, fry them entirely in oil. When they are fried drop them and empty them without damaging the skin.

Hash the flesh with some garlicks and fine herbs, add an equal quantity of mushrooms hash, called Duxelles. Season, stuff the skins with this mixture. Sprinkle some bread raspings and gratin after they are recovered with oil. Serve in a long dish with a tomated cullis. (See illustration, page 427.)

Stuffed egg-plants "à la Boston." — Proceed as above for the cooking of egg-plants. When the flesh is hashed mix it with some spoonful very creamy Béchamel, season, mix a full egg for 4 egg-plants and 2 ozs. rasped Gruyère. Put on a long dish, sprinkle with cheese and gratin in hot oven during 7 to 8 minutes. When serving, sprinkle a few spoonful double light salted and warm, cream on the eggs-plants, are. Do not put garlic.

Egg-plants "à la Provençale." — Peel and cut them in slices, get them empty with salt, flour and toss them in a pan with some broiling oil. During this time, toss in oil, in another pan, an equal quantity of tomatoes peeled, pressed and cut in quarters. When these vegetables are cooked, add them in the same pan very little crushed garlic, toss all a few minutes, then pour in a timbale and powder with chopped parsley.

Egg-plants "à la Vauclusienne." — Peel the egg-plants and cut them in four parts lengthwise. Let get them empty with salt, sponge, flour and toss them in a pan with oil. Put them side by side in a earthenware dish. Peel some tomatoes (1 lb. for 3 egg-plants), empty them, hash them a little and toss them in oil with salt, pepper and garlic. Cover each slice of egg-plant with some tomato, sprinkle some bread crumb, recover with oil and simmer in moderate oven during 35 to 40 minutes. Serve in the same dish. (See illustration, page 427.)

Cardoons

This vegetable is principally used in high class dinners. Clean them in keeping aside the green and hollow leaves in order to use only the white stalks. Then cut the prickles from the sides and cut them in pieces of about 3 inches, take off the down covering them and cook them in a white foundation sauce with strong quantity of lemon.

Cardoons with marrow. — Clean and cut the cardoons in pieces, rub them with lemon and cook them in floured and strongly lemonned water, salt pepper and with carrots and onions. Slowly cook during 4 hours, then arrange them in a dish, recover with a madeira sauce mixed with some beef marrow in large dice and slices of poached marrow. (See illustration, page 429.)

Cardoons with parmesan cheese. — Prepare them, after cooking, as celery under this name.

These are the only dressings convenient for the cardoons, it is not necessary to research other preparations.

Carrots

Carrots with cream (1 lb. for 4 persons). — Cook the carrots in salted water, either entire if they are new or minced if they are big. Drop them, toss them in butter and cover them with double cream. (See illustration, page 429.)

Glazed carrots. — New carrots, in preference round, or if not available, cut the big carrots with the hazel-spoon or with the knife. Cook them with some stock, until they are entirely bathed, salt, sugar and some butter. Cook them, uncovered and slowly until complete reduction of liquid which forms a meat glaze and which recovers the carrots which are as gummed. These carrots are principally used for garnishings.

Carrots "à la Chantilly." — Arrange in a dish some carrots with cream, make a hollow in center and pour small peas with butter. (See illustration, page 429.)

Carrots "à la Vichy." — Finely mince 1 lb. good carrots very red and sugared. Put them in a large pan with a good piece of fresh butter, some salt, a spoonful sugar and recover them with cold water. Cook them with great simmering, not covered, until the water is evaporated, the carrots are tossed in butter. Serve immediately with chopped parsley. (See illustration, page 429.)

Variegated carrots. — Mince big carrots, cook them in salted water, until they are nearly cooked, mix some slices of potatoes which are cooked at the same time. Drop them, butter them copiously and add some parsley. The mixing of these two vegetables (one farinous and not the other) is a real success; the same applies for carrots "à la Chantilly."

Celery

Braised branches of celery, half-glaze. — Clean the celery and cut it in two parts lengthwise. Wash it very carefully and boil it 20 minutes in salted water. Refresh them and braise them with gravy or very seasoned stock, with salt, grains of pepper, rounds of onions, carrots and rinds. Cook them during a long time in this broth, then drop them and serve with a good half-glaze sauce with madeira. (See illustration, page 428.)

Celery "à la Milanaise." — Cook it as above in stock. Drop it and arrange in a gratin dish, nap with sauce Mornay. Sprinkle some cheese and gratin in hot oven. (See illustration, page 428.)

Celery "à la Ménagère." — Clean and boil as above, put in a cocotte and brown 1 or 2 onions and carrots. Add 1/2 lb. peeled tomatoes, cut in quarters and celery cut in small pieces of 2 inches. Season, wet with some stock or gravy and cook during one hour.

The celery can be put around a piece of veal in cocotte after it has been boiled, it will cook in veal gravy and this will be excellent.

The celeriac is also a very good vegetable or garnishing for meat.

Celeriac "à l'Italienne." — Peel the celeriac and cut it in somewhat great quarters. Boil it in salted water, until it is nearly cooked, then drop it and terminate the cooking in butter. Arrange in a dish and sprinkle with Italian sauce. Some chopped parsley. (See illustration, page 428.)

Celeriac with parmesan-cheese. — Boil it as above and simmer in a roast, gravy highly seasoned, then powder with parmesan in serving.

Fritters of celeriac. — Cut the celeriac in oblique slices of $\frac{2}{3}$ inch. and cook them near entirely in water, drop flour and egg and bread crumb "à l'Anglaise," either entire or cut in 4 parts in order to give form of fans. Fry them, either with butter or in frying and serve with a light tomato sauce.

Mushrooms, cèpes, morils, etc...

The mushrooms — delicious vegetables — belong to a family where bad subjects are found : poisoners, more dangerous owing to the fact that they resemble in nearly all points to the best and eatable.

We give a picture of mushrooms which are all comestible, but apart of cultivated mushrooms, others are to be accepted with great care when coming from the forests as they resemble like brothers to the safe ones. Even if the mushrooms are comestible, they will be eaten very new. When they are black, opened, they will not be consumed, they are dangerous.

Ordinary cooking of comestible mushrooms. — Cut the root of mushrooms and wash them in full water; clean them and put them in a boiling cooking, prepared as follows :

For $\frac{1}{2}$ lb. mushrooms : like a nut of butter, half a juice lemon, a coffee-cupful water a pinch of salt. Put on direct fire and cover the casserole. Give 3 minutes full ebullition, not more.

Stuffed mushrooms. — Take nice heads of big mushrooms, wash them without peeling and hollow them a little. Salt, and fill them with a Duxelles mentioned apart, sprinkle some bread rasping, recover with oil and bake in gratining in a hot oven. (See Duxelles, in the chapter of stuffings and mixtures.)

Mushrooms with cream. — Take small mushrooms, very white, wash them and cook them with butter, salt and pepper, and covered. Put some clear Béchamel and cream to let them bathe, let them simmer then, at the last minute, add a fillet lemon.

Grilled mushrooms. — Take nice heads of mushrooms, hollow them, wash them, not peel, recover with oil and toss them in a dish in a very hot oven. Arrange and garnish the hollow with a butter mixed with parsley, garlic or shallot, as used for the snails. A simple butter maître d'hôtel can also be put.

Croûtes with mushrooms. — Choice small and very white mushrooms, clean, peel them if they are not very white and cook them with butter, salt and a lemon juice. Mix them with a sauce *Suprême* or *Béchamel*, very creamy, simmer them, add some pepper and very little cayenne. Arrange either in croûte of short-paste as a tart, or on rounds somewhat hollow, cut in bread crumbs and fried in butter.

Mushrooms purée. — Strain through fine sieve 1/2 lb. white mushrooms, washed and peeled. Cook this purée with a small quantity of broiling butter and half a lemon juice, salt, pepper, reduce dry the water obtained from the mushrooms. At the last minute, add two spoonful very thick *Béchamel* and do not boil.

This purée is used as garnishing in croustades or in artichokes bottoms. The purée is made with the mushrooms strained when raw, in order to keep its flavour.

Morils. — All are eatable and in spite of the opinion of a number of guests, they must be washed, toss them rapidly in water, remove them and sponge them before cooking. As they give much water, they are tossed twice; when they bathe in their gravy, they are dropped. The cooking is never thrown away, it is reduced and added to a meat gravy or another sauce. The morils are poured in another broiling butter, for terminating the cooking.

Morils with cream. — Same proceeding as for mushrooms. They can also be placed around a meat, in cocotte, etc...

Morils with fine herbs. — This delicious vegetable is cooked with butter, some lemon, salt and pepper and not covered in order that its water can evaporate. When the morils are dry, some butter is put in the pan and when it is warm they are poured and tossed quickly with chopped parsley. Serve immediatly. The morils are cut or left entire, according to their size.

Cèpes "à la Bordelaise." — Fresh or preserved cèpes can be used. Collop the cèpes in slices and pour them in a pan containing a little butter and broiling oil. Toss them until they are roasted and season them with salt and pepper. At this moment, add a good coffee spoonful chopped shallots, toss also a few minutes, then pour upon some spoonful hazel butter. Sprinkle some chopped parsley.

Cèpes "à la Provençale." — Same proceeding than the cèpes Bordelaise, replacing the shallots by garlies and totally avoiding butter which is replaced by oil.

Giroles with cream (chanterelles). — The girole or chanterelle is prepared with butter and served around a piece of veal with gravy or in an omelet, or with scrambled eggs. They can also be prepared with cream.

The "mousserons," "lépiotes" and "oranges" are tossed with butter or accompanied with cream, but with high seasoning.

The chayotte. — Excellent vegetable which is much cultivated in Algeria and is much appreciated in England as well as in France. Peel, cut it in slices, boil and terminate the cooking with butter. It can also be stuffed and braised, but it must always be first boiled.

Succory with cream. — Cook in salted water the green of succory to which some green of "scarole" can be added. After cooking (which is somewhat long) refresh it and press it in the hands, then hash the succory and make a light brown with butter and flour. Put the succory and wet with some fat stock. Season, cover the casserole and braise in moderate oven during $\frac{3}{4}$ hour.

Change of casserole as the succory has lightly gratin, then add a few spoonful Béchamel and cream. Verify the seasoning, simmer a few minutes and serve with fried croûtons of bread around.

Loaf of succory with cream. — Prepare the succory as above. When braised and removed from oven, add, apart from fire, 3 full beaten eggs in omelet (for 2 lbs cooked succory). Pour this purée in a timbale buttered mould and bake in oven, in bain-marie, with small simmerings during 25 to 30 minutes. Demould on a round dish and sprinkle with salted and peppered cream or a light Béchamel.

Cabbages

There is a scale, going from the small Brussels sprouts, to the green cabbages and red cabbages, the cauliflowers, broccoli-cabbage, kohl-rabi, and the palm-cabbage which are all delicious and are prepared in different ways.

Braised green cabbages. — Cut the cabbages in quarters, take off the core and big stalks, strongly boil them and drop them. Garnish the bottom of a cocotte with remnants of bacon or fat of ham put in the middle. Wet in half their height with a little fat stock, salt, pepper, cover with a greased paper, put the cover and braise in oven at least during 1 hour. In principle, the cabbages are ready when all the liquid is dry.

Green cabbages with gratin. — Entirely cook the cabbages with salted water, refresh them and drop them. Press them in the hand and finely hash. Mix this hash with a Béchamel to have it softer. Season and warm. Add, apart from fire, a handful rasped cheese. Pour in a gratin dish. Sprinkle cheese and bread rasping, butter and gratin. Exquisite vegetable.

Entire stuffed cabbages. — Clean a normal cabbage, take off the heart and reserve it for other use, plunge the cabbage in boiling water and cook it 10 minutes : drop it and fill the middle with a stuffing : hash of cooked beef, sausage flesh, bread crumb, onions, fine herbs, garlic and seasoning. Surround the cabbage with a barding, string and braise it in a cocotte with gravy at least during 1 hour.

Stuffed cabbages "à la Turque" (Dolmas). — Plunge 3 or 4 minutes in boiling water a dozen cabbage leaves of medium size, refresh and drop them. Spread on the table and season them with salt and paprika. Prepare in

advance a hash generally made with remnants of braised mutton; this can also be made with braised beef or simply boiled. Mix to this hash some spoonfuls chopped onions cooked with some lard, 2 ozs old bread crumb, wiped in cold stock, well pressed and crumbled, three spoonful rice half cooked in stock, salt, parsley and paprika, all highly seasoned. Well mix and make balls as mandarin oranges which are put in middle of cabbage leaves. Recover the hash with cabbage and press well in a linen, lightly twisting to have the cabbage round and to hold it tight. Put on fat bacon and rounds of vegetables, well pressed the ones against the others.

Toss them dry on the fire, wet them with a tomated gravy and bathe them at the edge. Cover with a paper and put in moderate oven during a full hour. Serve with cooking gravy, very reduced, recover with lemon and put a slice of peeled lemon on each. This way of preparing the cabbages is delicious and is agreeable to the view.

Choucroute. — The choucroute is bought all prepared; it must be washed in great water and pressed in the hands. Garnish the bottom of a cocotte with rinds and put the choucroute. In middle of this put a piece of meagre bacon, a sausage and the meat which is served with the choucroute, either ham, goose, duck, etc..., etc..., then add the necessary spices : onions picked a clove, carrots, "bouquet garni" salt and grains of pepper. Recover all with remnants of choucroute, wet with a great glassful stock or even some water and strongly grease either with lard, goose grease or roast or goose fat. Hermetically cover with a greased paper, then with the lid and braise in the oven slowly during 3 or 4 hours. Serve with the meat and potatoes "à l'Anglaise." (See illustration, page 304.)

Tossed Brussels sprouts. — Wash and cook the sprouts with much water. Drop and toss them with butter or grease. Serve with chopped parsley.

Kohl-rabi or rutabagas. — Are not much used, but can receive the preparations of celeriac. In the East an excellent choucroute is made.

Shoots of hops with sauce. — The young tender shoots of hops are sometimes used. Cook them in salted and lemoned water, drop them and recover them with a Dutch sauce or Béchamel or buttered tomato. They can also be served cold with a sauce "vinaigrette."

Green cabbages "à l'Anglaise." — Cabbage cooked in salted water, dropped and seasoned in the dish with fresh butter, salt and pepper. In this way, the cabbages are not more indigestible than the spinages.

Cauliflower

The cauliflower is cooked in water and generally served with a Dutch sauce or Mousseline. However there are other methods for dressing them.

Cauliflower with gratin. — Arrange the cooked and well dropped cauliflower in a gratin dish with sauce Mornay upon and under. Sprinkle some cheese, recover with melted butter and gratin.

Cauliflower "à la Polonaise." — Drop the cauliflower and toss it in butter, in a pan, without crushing. Arrange on a dish, giving its natural form, as much as possible. In a pan, grill with a good quantity butter a handful bread crumb, old and finely scumbled. Pour this grilled bread on the cauliflower for covering it and sprinkle upon a hard-boiled egg and chopped parsley. (See illustration, page 428.)

Nota. — This is the grilled bread with butter which is called in cuisine "a Polonaise." This method must be used when the cauliflower is not white enough to be served natural.

Loaf of cauliflower with sauce. — When the cauliflowers are too old or not very nice, they can be presented under the form of loaf. When they are cooked and well dropped, strain them in purée through the sieve, then mix with 1/2 pint thick Béchamel. Season and when the mixture is boiling, add, apart from fire, 2 full eggs, well beaten. Pour the mixture in a buttered charlotte mould and bake in bain-marie, in oven, as for a cream "renversé" during 30 minutes. Demould and nap with a cream sauce or Mousseline.

Broccoli-cabbage. — Are cooked in water and served with a vinaigrette.

The vegetable marrow

This vegetable is appreciated in England as well in France; it is excellent and is prepared in 4 or 5 manners.

Vegetable marrow with cream. — Peel 4 vegetable marrows, cut them in quarters — about the size of a thumb — and near entirely cook them in boiling water. Drop them and terminate the cooking 5 minutes with butter. Copiously recover them with thick cream, salt, pepper and simmer. (See illustration, page 427.)

At the time of serving, mix the vegetables marrow with two egg yolks mixed with milk, do not let it boil.

Fried vegetable marrow. — Peel, cut them in slices, lengthwise and let them get empty 20 minutes with fine salt, sponge and soak them in a light frying paste. Plunge them 5 minutes in broiling oil.

Vegetable marrow "à la Meunière." — Prepare the vegetable marrows as above. When emptied and sponged, flour, cook them in a pan with broiling butter, side by side. Glaze on the two sides and serve them recovered with a very hot butter and powdered with chopped parsley. (See illustration, page 427.)

Stuffed vegetable marrow "à l'Orientale." — Peel, cut them in two parts lengthwise, take off the grains, strongly boil them without cooking them. Stuff them either with fat or rice or with a mixture of chopped meats, half-cooked rice and quarters of tomatoes. Sprinkle upon some bread crumb, pour around two fingers of fat stock and put in oven. When cooked, they must be dry. Serve them with a tomato cullis. This vegetable being insipid must be highly seasoned, even pimented. (See illustration, page 427.)

The cucumber. — Gets same dressings as the vegetable marrow, either with cream, either stuffed, but in the last case, they are cut in rounds of about 1 inch which are hollowed and boiled. They are used as vegetable or garnishing. Their taste is not so fine as the vegetable marrow. For cooking yellow cucumbers are used : also called cucumber-marrow and the green are used for the hors-d'œuvre.

The bulbous chervil. — Small tubercle of very fine taste, lightly sugared. Peel and cook it in water at the beginning and terminate the cooking with butter, or around a meat in the gravy or also in fritters. As it is a farinous, a very good soup can be made with it. It is principally used for a game's garnishing.

The stachys, called "crosnes of Japan." — Everyone knows this vegetable imported from Japan, which is cultivated and acclimatized at the village of Crosnes, near Paris, where it has taken its name. Its real name is "stachys."

Crosnes with fine herbs. — Clean and cook the crosnes with salted water, drop them and toss them with broiling butter and chopped fine herbs.

Crosnes with Velouté. — Cook as above and mix them with a Velouté sauce or a clear Béchamel.

This vegetable is very good around a piece of veal in cocotte. Always boil it well.

Branches of spinage "à l'Anglaise." — Choice new spinage, clean them without keeping the tails. Wash and cook the leaves in great boiling and salted water, without covering them. 7 to 8 minutes cooking are sufficient. Drop them, refresh them and press them in the hands. Quickly roll them and at the time of serving in somewhat hot butter, lightly salt and arrange (4 lbs spinage and 1/4 lb. butter for 8 persons).

Spinage with cream and fleurons. — Treat the spinage as above, but when cooked and refreshed, strain them through sieve or hash them. Mix them with a creamy Béchamel, season them, arrange in a dish and recover with some spoonful double cream. Put croûtons of puff-paste, or of fried bread, as garnishing. (See illustration, page 427.)

Loaf of spinage. — Proceed as for spinages with cream, but add, apart from fire 2 or 3 entire beaten eggs or only 5 yolks for 3 pounds spinages. Pour in a timbale buttered mould and bake in bain-marie in oven, as for a cream. Demould and recover this loaf, either with cream or velouté sauce.

Nota. — Spinage loafs can be made in small babas moulds, well buttered. They will be used as garnishing for entrées of meats.

The fennel or aneth. — This vegetable is not much extended. It comes from the East and the South of France has cultivated it and eats it more than in the North. A delicious hors-d'œuvre "à la Grecque" is prepared (see hors-d'œuvre). They can also be presented braised or in garnishing around a meat. This vegetable offers some analogy with the branch of celery, but

possesses an anised aromate, very remarkable. It is really good and ought to be better known. Here follows a recipe :

Fennel "à la Provençale." — Clean 2 feet of fennel, take off the great exterior stalks, hard and stringy. Cut the foot in 4 parts and boil it in water during 1/4 hour. Drop it, put it in a cocotte with minced onions, chopped garlic and 1 lb. tomatoes cut in 4 parts. Wet with a laddleful stock and cover. Braise during 1 hour in moderate oven. Serve as it is.

Beans. — This well known vegetable is not shelled, only at the time of cooking and they must also be cleaned of their skin. They are prepared with cream or in purée after cooking with water. They are much appreciated in this last manner or in soup.

Endives "à la Flamande." — This vegetable is prepared in different ways. It is boiled in water until nearly entire cooking for terminating with butter or half-glaze. For the amateurs of endives, we mention the following recipe :

Scrape the root without cutting it and only remove the bad leaves, well wash and drop. Put in a large pan a good piece of butter and when it is well hot, but not coloured, place the raw endives, side by side and not more than a double range, salt and strongly recover with lemon; cover them with a buttered paper and put them in oven, without anything other, as they give their water and this must be evaporated. When they are brown in their butter, remove them and arrange them in a dish. Sprinkle a light half-glaze.

They can also be prepared "Meunière," which is the same proceeding but replacing the half-glaze sauce by a Hazel butter.

Puff of endives. — Small fantaisie for which rewarmed and too salted endives can be used. Make a purée which is mixed with a cupful thick Béchamel and add egg yolks and whites in snow for terminating as for all soufflés. Bake in slow oven and serve immediately.

The Gombos. — Exotic vegetable, not well known here, but is rather agreeable. Two sorts exist : the long and the round. The long is more appreciated.

Clean them in removing the two ends and boil them in salted water. Terminate the cooking with butter or cream.

They can also be prepared around a braised meat or presented as green beans "à la Portugaise" (See recipe far away).

Heliantis. — Not more known than gombos. This vegetable has been acclimated in France but has obtained no success. This is a sort of tuberous root, very long, which is only seen in the shops of exotic products.

The Igname. — Colonial vegetables cooked by the nigers in the ashes and eaten in the place of bread. This great root can be put in quarters in a stew, or boiled, or stuffed, or prepared in fritters, etc... A remarkable fecula is obtained.

But all these vegetables are not comparable to those found in our countries; they must only be mentioned for amateurs of novelties.

Beans

Great family including : green, yellow, white, black, red in shells or in grains, this is the family dish by excellence:

Green beans " Maître d'hôtel." — Cook them in salted water, drop and mix them with a light Béchamel. Serve with chopped parsley.

Green beans " Portugaise." — Put the raw beans in a casserole with 4 ozs fat bacon, unsalted, cut in small dice for 2 lbs beans, add 1/2 lb. peeled and chopped tomatoes, salt pepper and a big glassful stock. Cook them covered during a long time and serve with chopped parsley. These beans do not remain green, but they are delicious.

Green beans with cream. — Cook them with water, toss them in butter and recover either with cream, or with a light Béchamel sauce.

Green beans " à la Paysanne." — Cook beans and potatoes together and toss them with brown butter, nearly black.

White beans " à la Bretonne." — Cook the white beans, and put them in boiling water if they are new and in cold water if they are dried. Toss a quantity of chopped onions with butter or good grease, then add clear purée of tomatoes and put the beans which are simmered during a few minutes. Serve either as vegetable, or as garnishing of a mutton's leg. Chopped parsley.

White beans with cream. — Mix the beans with a light and well buttered Béchamel.

Red beans with wine. — Cook the red beans as the white; toss a chopped onion, powder with flour and wet with a glassful red wine. Cook during 10 minutes, then add the beans which must again simmer during a moment. Some meagre bacon or ham, cut in dice, can be added.

Flageolets. — The flageolets are prepared as white beans, either with butter, or cream, or " à la Bretonne."

Variegated beans. — Toss them in butter and mix in equal parts green beans and flageolets and serve with chopped parsley.

Nota. — For keeping the green colour of beans, as for peas, spinage and other green vegetables, they must be cooked in a great quantity of salted water, with great simmerings, and not covered.

Braised lettuces with madeira. — Scrape the root of great lettuces and do not cut them, in order that leaves are well adherent. Wash and boil in large quantity of water during 1/4 hour. Refresh in much cold water, press in the hands. Separate in two parts lengthwise, season with pepper, salt and nutmeg. Beat down the end of leaves under each half and put them in a pan " foncé " with vegetables and fat of bacon. Toss them on fire until the vegetables are brown, then wet in half with good gravy or brown stock. Cover with a buttered paper and braise in oven during 3/4 hour. Arrange in a dish and sprinkle with a light half-glaze with madeira or a good roast gravy. (See illustration, page 428.)

"Chevalière" of lettuce. — Prepare them as above and arrange them in crown, one overlapping the other and alternating with a slice of fried meagre ham, of same form and size than the halves lettuce. Recover with a good gravy of madeira.

Lentils "à la Lorraine." — Toss in butter or in a good grease of roast, one or two chopped onions and also some lardoons of meagre bacon, very finely cut.

Add the lentil with a little quantity of their broth, then mix all with butter mixed with flour. Put garlic a little, if desired.

Chestnuts

When they are used as garnishing, the chestnuts are prepared braised entire or in purée.

Braised chestnuts. — This is a practical proceeding in order to have entire chestnuts. Cut them around with the knife, obliquely put (do not forget). Put them in a strainer, plunge them in hot frying, but not so broiling as to grill them. Half cooked drop them and clean them, keeping them one by one with a linen. The two skins are removed at the same time. Drop them and terminate the cooking either with a good gravy, or with a light brown sauce.

To stuff a goose or a turkey with chestnuts, use the same proceeding, but cook them entirely either in frying or in oven.

Purée of chestnuts. — Peel, scalde them in order to remove the second skin and cook them entirely with salted water and a piece of celery to give a good taste. Drop them, strain them through sieve and soft the purée with milk or stock.

Macedoine of vegetables. — The name sufficiently says what it is. This is a mixture of all possible vegetables, according to the season. They are cooked separately according to their nature and then joined with butter or cream and seasoned with salt, pepper and sugar (very lightly).

Indian corn. — The mode of using Indian corn imported from America is not so well known in England as in France.

The indian corn is used when fresh and milky. It is cooked in salted water during 20 to 30 minutes, then the leaves are tied up in order that the ear is visible and it is served on a serviette with accompaniment of melted butter.

The ears can also be grilled in hot oven and served when the grains are brown and puffed.

Preserved indian corn is much used here as well as in America and is known under the name of Sweet corn.

Glazed turnips. — Cut the turnips in slices or in quarters and put them in a casserole with enough water to be covered, and season. Add a spoonful sugar, a small pinch of salt and 1 piece of butter. Cook during 20 to 30 minutes

until liquid is evaporated, but do not cover. Arrange when they are cooked dry and well brilliant.

Stew of turnips. — Fry them in a pan with grease and some sugar, two minced onions, then powder with flour, brown, wet with water or stock and cook.

Turnips with cream. — The new turnips are cut in quarters, and the old in rounds. Cook them in salted water, and drop them. Toss them with butter and bathe them with well creamy Béchamel, in which they are simmered.

Stuffed turnips. — Take round turnips, with violet collar peel them and hollow them. Boil them 8 to 10 minutes, drop them and stuff them with a hash of any meat. Put them in a hollow dish, wet in half with fat stock, powder with bread raspings and terminate the cooking in oven, in gratining. Principally used as garnishing.

Glazed onions. — Small onions treated as glazed carrots.

Stuffed onions. — Same proceeding as for turnips and same use.

Purée of onions Soubise. — Mince $1\frac{1}{2}$ lb. onions and boil them 5 minutes in water, toss them in butter, add 2 or 3 spoonful raw rice and 4 to 5 spoonful white stock. Season and bake covered in oven during 40 minutes. Then strain through fine sieve this purée and mix it, to be softer, with some spoonfuls very thick Béchamel. Do not boil this purée which is used as accompaniment for various sorts of dishes : mutton, beef, veal, poultry, eggs, fish, as indicated in this book.

Fried onions. — Cut in rather thick slices and separate the rings, powder them with fine salt and let them get empty during 20 minutes in order to give their water. Strongly flour them and plunge them in broiling oil. After 4 to 5 minutes, drop the onions which will be soft and not coloured; strongly hot the oil and plunge them for the second time until they are well brown and crusty.

Sorrel for vegetables or garnishing. — Wash and melt the sorrel with some salted water, drop it and strain through sieve. Prepare a brown with butter and flour and add the sorrel which is braised in oven, covered, as for the succory. Mix it then with Béchamel, changing of casserole, season according to taste and at the time of serving, mix it with one or two beaten eggs and some spoonfuls cold milk. Only boil the mixture during 2 or 3 minutes, in quickly stirring.

Melting of sorrel. — Well clean the sorrel, leaf by leaf, and simply melt it with butter, without water and with salt and pepper. It remains entire, not strained nor hashed. Add some cream if it is found sour.

Cooked leaves (Fanes). — This is not well known. Delicious vegetables are obtained with the leaves of turnips, radishes salsify and even pissabed, when they are too hard to be eaten in salad.

The leaves of radishes and turnips are more appreciated than leaves of spinage. They are treated in the same way with cream, but are rather longer to cook. Do not hesitate to test.

Green peas

Green peas "à l'Anglaise." — Cook the green peas with salted water, avoid a too violent ebullition which would empty the peas and the skins would only be dropped. Cook them in a great quantity of water with uncovered casserole, in order they remain very green. Entirely drop them, put them in a casserole on the fire to terminate their drying and add a good piece of fresh butter, salt and sugar and serve.

It is necessary to strongly stir the casserole in order that the farinous of peas is well mixed with butter. It is more creamy.

Green peas "à la Française." — Put 1 3/4 pint green peas in a casserole with 4 ozs fine butter and a good spoonful flour, mix all with spoon, add then salt, sugar, a dozen small onions and some green leaves of finely minced lettuces.

Wet with water and put again a bunch of parlsey and chervil (no thyme nor bay-leaf). Cook on good fire during 20 to 30 minutes according to size and quantity of green peas.

Green peas "à la Paysanne." — Prepare the green peas as "à la Française" with some new round carrots, some new potatoes and cut the lettuce in four parts instead of mincing them. Serve all together.

Green peas "à la Bonne-Femme" or "Ménagère." — Toss in butter 1/4 lb. chest bacon, cut in lardoons and boiled a minute. Add at the same time a chopped onion or some new small onions, entire, and when all is tossed, powder with some flour. Cook this brown for a moment and wet it with water, as for making a very light sauce, add the shelled peas, lightly season (as bacon has been added) and cook on direct fire.

Green peas with mint. — Cook them in a fair quantity of boiling water, salted and added with a bunch of mint. Season with butter and arrange them with some boiled leaves of mint, put on top.

Green peas with lettuces. — Prepare as for "à la Française," and add three boiled lettuces, cut in four parts. Arrange the peas and the lettuces on top.

Purée of split peas. — When they are soaked, put them in water until they bathe. Add some onions, carrots and meagre bacon, minced and tossed in butter. Slowly cook covered during 1 hour, then strain this purée through sieve and it must be thick. Warm it without boiling, with seasoning and butter.

Nota. — All dry vegetables are cooked after they are soaked in cold water without salt. This is added at 3/4 th of their cooking.

Potatoes

This vegetable can to a large extent be changed through the way in which it is cooked. This is the family dish by excellence. Democratic as it is, it is also presented in the most-treated dinners.

Fried potatoes, called "Pont-Neuf." — Peel and cut the potatoes in long squares, regular, size and length of small finger, plunge them in very hot frying, but not broiling, where they are cooked from 7 to 8 minutes without colouring. Then remove them at the time of serving, plunge them in the frying but well broiling. Stir them 2 or 3 minutes and remove them crusty. Drop them on a cloth, salt them, arrange them either on serviette, either around a roasted or grilled meat. (See illustration, page 459.)

Potato straws. — Cut very finely the potatoes as for a Julienne, wash them and wipe well. Then put them (not a great quantity at once) in the hot frying. When the potatoes are wet, they make the fat froth and it may boil over the casserole. They must be cooked in a sieve or in a frying basket, as they can easily be removed when the fat is frothing. Drop them after 3 or 4 minutes cooking. Heat again the frying and when it is broiling, plunge them again during 1 or 2 minutes, to give them crusty. Drop salt and serve. (See illustration, page 459.)

Potato matches. — Same proceeding as for potato-straws, but cut them in size of matches.

Potato ribbons. — Peel middle size potatoes. Cut them round in ribbons, and fry them in the above manner. (See illustration, page 459.)

Potato Chips. — Peel, wipe Dutch potatoes and arrange them in giving the form of a sausage, either with the knife or with a great apple-corer. Mince them in very fine rounds (use the board for cutting the stuffed potatoes, in beating down the plate of cutting, but they can also be cut with a knife).

Well wipe these slices and put them in hot frying. Cook them on direct fire (not much at once) during 3 minutes, drop them and heat again the frying in order to set them a second time. (See illustration, page 459.)

Potatoes "Collerette." — These are chip's potatoes. But the round is ribbed with a special knife before they are cut in thin slices.

Potatoes "Ruff." — A special knife is sold in the streets, and which is indispensable for this dressing. It is constituted of a sort of axis which is put in the potatoes, in the middle. Around the stick a sort of plate is turning, like a screw, in order that, when cut, the potato is as an accordion. The two ends are put one in the other and this gives the form of a ruff, as worn by the noble personages of the old times. Fry them as above.

Potato-straws in nest. — Prepare a mould constituted by two baskets going one in the other. First soak them in hot frying, fill the greater with potato-straws and leave a hollow in the center in which the second basket is incrustated. Plunge in hot frying and fry very dry. (See illustration, page 459.)

Potato soufflées. — Peel nice Dutch potatoes well matured and well sound, cut them in very regular size of 1/5 inch in thickness, using in preference the special board reserved for this purpose. Wipe the slices, plunge them in very hot frying but not broiling.

Cook them stirring always, during 4 or 5 minutes and avoid that the frying increases or diminishes its heat. Drop them when they rise on the surface and when they become "soufflées." Plunge them in another hot frying, keep them 1 or 2 secondes and drop them. At the time of serving (it can be 2 hours after), plunge them all in very hot frying to be "soufflées" crusty and dry. Drop and salt them and arrange them in bush, either on a serviette, in nest or in basket. (See illustration, pages 413 and 414.)

Nota. — Only use for the frying the fat of beef kidneys. When the Duch potatoes are out of season and not well matured, spanish potatoes can be used, they are more expensive but are marvellous. New potatoes are not good for "soufflé" until the month of September. Between may and september, use the spanish potato with red skin and yellow flesh.

Preparation of beef fat for frying. — Cut in small dice 6 lbs beef kidneys fat and cook it in a cocotte "entirely bathed with water," until all the water is evaporated and the fat remains melted and smoking and that the small skins and remnants are well grilled. Strain then this fat through a sieve. This is the best for all frying, except for fish where oil is better.

Purée of potatoes "Mousseline." — Take 1 1/2 pound farinous potatoes, peel, cut them in quarters and cook them with salted water. Drop them, strain them through metallic sieve with the crusher. Dry the purée in a casserole on the fire with a piece of butter and wet it little by little with boiling milk. When it is soft, work it with the whip to be foamy and serve immediately. (See illustration, page 430.)

Potato Snowelakes — Put a piece of butter in the casserole and add the potatoes, cut in large pieces with some water. When they are cooked, no liquid must be left. Strain and serve directly on a dish.

Duchess Potatoes (1st recipe). — Cook peeled potatoes in salted water (as for a purée). Drop them when cooked and strain them through sieve. Dry this purée with a good piece of butter and add, apart from fire, the eggyolks in the proportion of 5 eggyolks per 2 lbs potatoes. Season and separate this purée in small pieces which are rolled on a floured table, giving the form of small galettes, small loafs or small brioches. Cook them further with broiling butter in a pan or in a very hot oven, after they are brown. Is generally served as garnishing. (See illustration, page 460 and the dressing, page 47.)

Duchess potatoes (2nd recipe). — Operate as above, but with 3 full eggs and some milk instead of 5 eggyolks, in order that the purée is softer.

This recipe is used in borders of a dish, using the ribbed fancy pipe. (See illustration, page 460.)

Potato balls (croquettes). — Make a "Duchess potatoes" (1st recipe) but with a small quantity of butter. Make small balls and roll them with flour, giving the form of great corks, or balls (billes), or pears or galettes, as it is desired.

Egg and bread crumb and fry them at the last minute in hot frying. Serve as vegetable or garnishing. (See illustration, page 459.)

Potatoes "Dauphine." — Mix half Duchess potatoes and half paste for choux without sugar (see pastes), add some rasped nutmeg and form round small balls which are put in very hot frying, but not broiling. Cook them in increasing the heat of frying. Drop when they are well brown and serve generally as garnishing. (See illustration, page 459.)

Potatoes "Lorette." — Same paste as above, but add some rasped Gruyère. Put in a forcing-bag with a great round fancy-pipe and make pieces (length of a small finger) which are plunged in the hot frying, cut the paste with a knife soaked in some hot frying in order it does not paste. (See illustration, page 459.)

Drop after 6 or 7 minutes and arrange in bush or as garnishing of meat.

Potato balls with raisins (croquettes). — These croquettes can be made with game, they are made as the others, but mixed with 1 1/2 oz. Corinthian raisins and made in form of round and thick galettes, egg and recover with chopped almonds instead of bread raspings.

Potatoes "Badoise." — Well creamy purée of potatoes, add a handful rasped cheese, 2 egg yolks and 2 whites in snow for 2 lbs potatoes. Arrange on a round fireproof dish and decorate the surface with the forcing-bag and bake on a moderate fire, as for a "soufflé." This name can also be given.

Potatoes "Mont-d'Or." — Cook the potatoes in salted water, drop them, crush them and mix a good piece of fresh butter, salt, pepper, nutmeg and 3 full beaten eggs per 2 lbs, add 1/4 lb. gruyère cut in thin slices and if the purée is too firm, clear it with some milk. Put on irregular blocks on a gratin dish. Sprinkle upon some rasped cheese and gratin in hot oven. Serve immediately. (See illustration, page 430.)

Potatoes "Maquaire." — Choice nice Dutch potatoes, well farinous. Cook them in oven in the skin (*en robe de chambre*) and separate them in two parts, empty the pulp and crush it with salt and pepper and a good piece of butter. Strongly heat the butter in a pan, put regularly the purée and let it colour on one side, then return it as a *crêpe* for colouring the other surface. Serve as galette or cut in quarters for garnishing a meat dish.

Potatoes "Ninon." — Mix very thick tomato purée to the Duchess potatoes, add some chopped ham and roll this paste in form of small loafs, put them on a plate-iron, glaze and bake 6 minutes in hot oven.

New steam potatoes. — A special marmite, called "Steam" separated in two parts is necessary for these potatoes, which are also called "*à l'Anglaise*." In the upper-part which is perforated, put the potatoes with some fine salt and cover them with a cloth, then put the marmite with the other part in which some water has been put. When boiling on direct fire the potatoes are cooked with steam. They are good with old potatoes, but they must be small. They accompany boiled fish or meats.

Potatoes "Château." — Clean the potatoes, giving the form of new potatoes, put them in cold water on the fire and give a simmering; drop and

put them in hot butter, add fine salt and put them in oven for being tossed from time to time. When they are cooked, arrange them in bush and powder them with parsley.

Potatoes with Parsley. — Prepare as "Potatoes Château." Put them in a hollow dish with a little butter. Half wet with white stock, salt, pepper and chopped parsley. Cover with paper and cook in oven. Serve as it is with chopped parsley.

Potatoes with bacon. — Toss small onions in butter (or a large cut in quarters), add when they are browned : 125 gr. meagre bacon cut in small lardoons. All being well brown, powder with flour, brown, wet with stock, add some tomato purée and cook during 20 minutes. Then add potatoes in form of new ones (or these ones when the season) and cook during 20 minutes; serve with chopped parsley.

Melting potatoes. — Clean the potatoes, as for "Château" but bigger; boil them 5 minutes, then drop and cook them with much butter and covered in the oven. When they are cooked, add half a glassful white stock which is absorbed and make the potatoes more melting. They must always be boiled.

Arrange in a dish with parsley.

Potatoes "à la Hollandaise." — Cook the small potatoes with steam or even with water (but peeled) and serve them recovered with a sauce Hollandaise or sauce Batarde (see sauces).

Potatoes "à la Maître-d'Hôtel." — Mince in a pan some potatoes cooked in water, half, wet them with stock, add butter, salt, pepper and rasped nutmeg; quickly boil during a few minutes, pour half a cupful boiling milk. A few minutes cooking and mix with a small piece of butter mixed with flour. Arrange in a dish with chopped parsley.

Potatoes with cream. — Same proceeding as above, but wet simply the potatoes with sweet cream. Mix them with mixed butter and arrange them recovered with double cream. No parsley.

Potatoes "Maire." — Same method as for potatoes "Maître-d'Hôtel," but use raw minced potatoes, only put the milk at the last minute and boiling.

Sauted potatoes "à la Lyonnaise." — Cook in salted water not cleaned potatoes, half refresh them, peel and cut them in thin rounds, put them in a pan with hot butter and toss them lightly. In another pan, toss slowly minced onions and when they are cooked and brown, mix them with potatoes and continue to toss all. Arrange in timbale with chopped parsley. With no onion, we have the sauté potatoes, without any other name.

Potatoes "Savoyarde." — Lightly toss in butter some rounds of onions, mix them with raw minced potatoes and slices of Gruyère cheese. Put all in a gratin dish, wet in the $\frac{3}{4}$ th with stock and gratin in oven.



Fig. 287. — Potato Straws. Potato Chips. Puffed potatoes. Potatoes Pont-Neuf. Potatoes Ribbons. (See vegetables, pages 454 and following.)

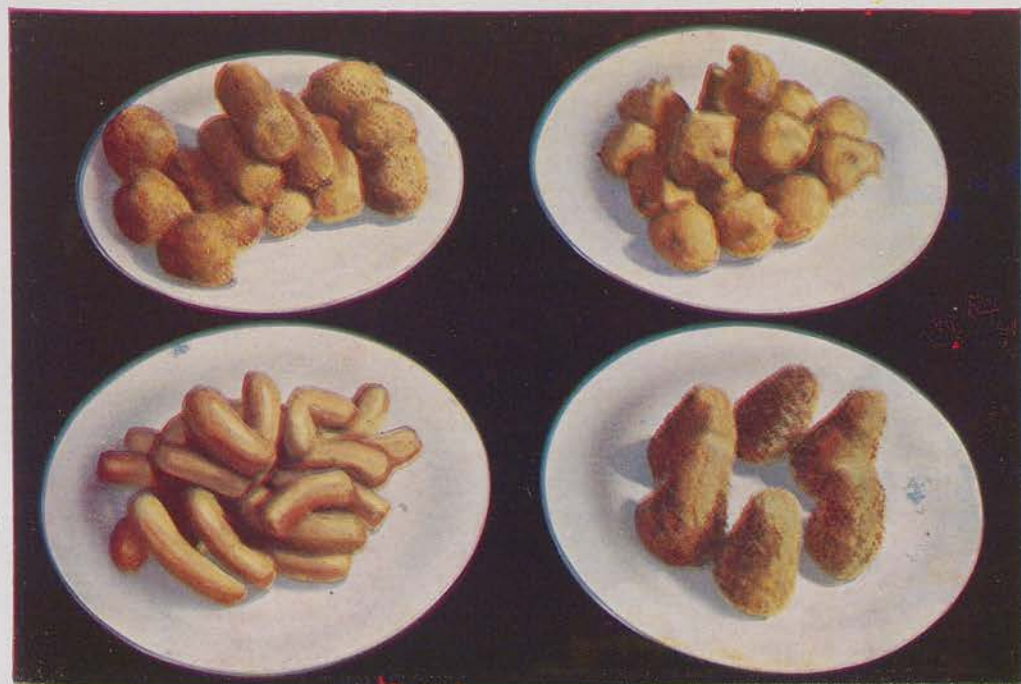


Fig. 288. — Potato balls, long, rounds. Potatoes Dauphine. Potatoes Lorette. Potato balls, in shape of pears. (See page 454 and following.)



Fig. 289. — Duchess potatoes : in galette brioches, small loafs with forcing-bag and ribbed fancy-pipe (see page 456).

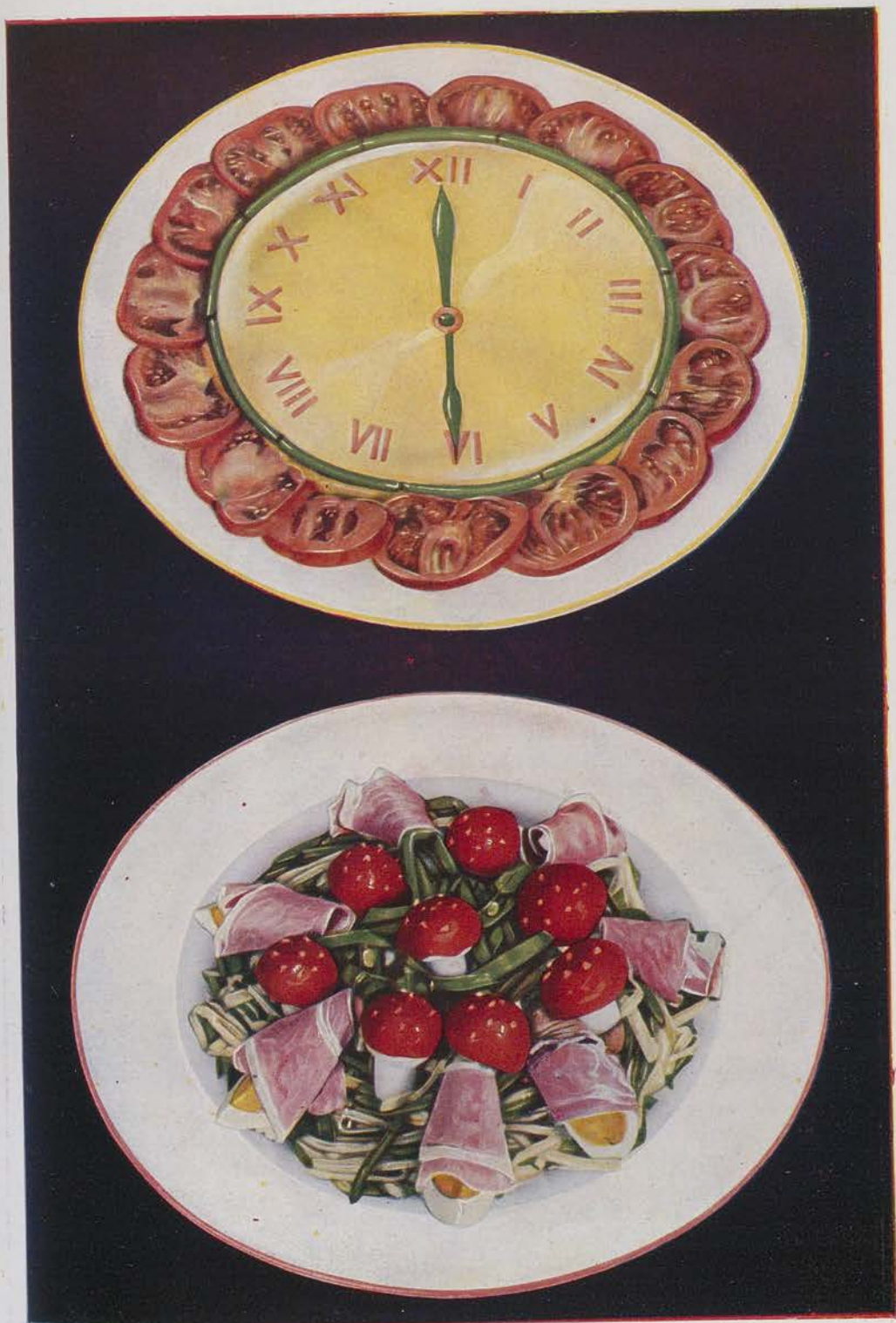


Fig. 290. — "L'heure du Berger" (see salads, page 479). (The lovers' time.)
 Fig. 291. — "Déjeuner sous bois" Cold dish, hors-d'œuvre, see page 479).
 (Breakfast in the woods.)



Fig. 292. — Parisian salad (see page 479).

Fig. 293. — Russian salad (see page 473).

Potatoes "Boulangère." — Peel and cut the potatoes in rounds, put them in a fireproof dish with rounds of onions, salt, pepper, add some good grease of roast or butter, add half a glassful water or stock and bake in very hot oven, stirring from time to time. Are generally prepared around a piece of mutton.

Potatoes "Anna." — Very finely mince the potatoes, wipe them and greatly butter a flat mould for cake or a small pan. Decorate the bottom and the round with thin slices of potatoes, copiously fill with same potatoes, salted and peppered; pour some hazel butter and put in oven as for a cake. 30 to 40 minutes cooking, well "fouler" the potatoes and demould on a warm round dish. (See fig. 59, 60, 61 and illustrations, page 430.)

Potatoes "Voisin." — Same recipe as above but add a handful rasped Gruyère to the potatoes placed in the mould.

Gratin "Dauphinois." — Mince raw potatoes in fine rounds, put them in a buttered gratin dish, season them with salt, pepper and nutmeg. Then beat in a terrine 1 or 2 full eggs (1 egg for 6 persons) with 1/2 pint cold milk. Pour the potatoes which must bathe and place in somewhat hot oven during 30 to 40 minutes. Delicious.

The slices of gruyère are facultative.

Potatoes "Mirette." — Cut in dice 1 lb. potatoes, boil them in water, drop them at the first simmering and cook them in a pan with broiling butter, add 1 or 2 truffles cut in small dice and 3 spoonful meat-glaze; simmer all and serve with chopped parsley. (See illustration, page 430.)

Potatoes "Yvette." — Cut in Julienne 1 lb. raw potatoes wash and wipe them well, put them in a pan containing 5 ozs. broiling butter, season with salt and pepper, roll them in this butter, let them set on one side and return them as a crêpe, cook and glaze the other side and serve as a galette.

Stuffed potatoes "Suzette." — Bake in oven in the skin 6 or 8 nice Dutch potatoes, cut them in two parts lengthwise and empty them without damaging the skin, strain the pulp through sieve, mix it with a good piece of butter, salt, pepper and nutmeg, 2 or 3 spoonful double cream and a whole egg, also a little rasped cheese. Stuff the potatoes with this purée, sprinkle some bread crumb, recover with butter and gratin. Arrange on a serviette with curled parsley in the middle.

These potatoes are also called potatoes "Viennoise" or potatoes "in shells."

Potatoes "Hongroise." — Brown in butter a small quantity of minced onions, about 3 ozs for 1 lb. potatoes, wet with a glassful stock and 2 or 3 spoonful tomato purée, put the rounds of raw potatoes, season with salt and paprika. The potatoes are bathed and covered, cook during 20 minutes in medium fire. Serve with chopped parsley.

Potatoes "à la Normande." — They are exquisite. Brown, in butter, without giving colour, a great onion and the white of 2 minced leeks, also 3 ozs salted chest bacon, cut in very fine lardoons and boiled during 1 minute.

When the mixture has been melted with butter, put 1 lb. raw potatoes minced in slices, then wet with stock or with water at the edge of potatoes, season and cook 20 minutes on direct fire. Add a cupful cream and serve. (See illustration, page 430.)

Arrange in a dish with chopped parsley.

Subries of potatoes. — Raspe the raw potatoes, press them in a linen, mix the pulp in a dish with a handful flour, salt, pepper, garlic and chopped fine herbs, add an egg and pour this purée by spoonful in a pan containing butter or broiling oil.

Cook on each side this sort of fritter.

Soufflé of potatoes. — Strain through sieve $1\frac{1}{2}$ lb. potatoes cooked for a purée, dry it with butter and wet it with some milk in order to have a somewhat thick block. Season, mix 3 egg yolks, apart from fire, and after the 3 whites in snow. Bake as for all soufflés in a timbale buttered soufflé mould and in a moderate oven during about 20 minutes. Serve immediately.

Gnocchis of potatoes. — Strain through sieve 1 lb. potatoes also cooked, mix this purée with a piece of butter, size of an egg, season, add 2 full eggs, 3 ozs flour and a good handful rasped Gruyère. Cut the mixture in small pieces which are rolled in balls on a floured table and somewhat flattened. Poach them in boiling salted water during 10 minutes, without boiling. Drop them, arrange them on a gratin dish with rasped cheese between each couch. Recover with butter and gratin in hot oven.

Knepfes "à la Polonaise." — Raspe 6 raw potatoes and mix them with an egg, a handful flour and seasoning. Roll the paste in form of balls and poach them in water, drop them, recover with bread crumb fried in a great quantity of butter.

Knepfes "with cheese." — Same proceeding as above with a purée of cooked potatoes, add further 2 ozs rasped Gruyère, cook the balls in boiling water. Drop them and brown them in butter in a pan. Sprinkle some cheese, when serving.

Salsifies

Fried salsifies. — Peel the salsifies, pour them in a vinegared water, cut them in regular pieces and cook them in a white foundation sauce, as for cardoons. Drop and macerate them with fine herbs and lemons, then plunge them in a frying paste and after in hot oil. Serve in bush on a serviette. (See illustration, page 429.)

Sauted salsifies fine herbs. — When cooked, they are dropped and tossed in hot butter in a pan. Chopped parsley, when serving.

Salsifies with Velouté sauce. — Simmer them, after cooking, in a Velouté sauce or another cream sauce. They are also very good around a piece of veal in a casserole, after they are cooked as above.

Tomatoes

Stuffed tomatoes with meagre. — Cut them obliquely in two parts, empty, salt them and stuff them with a Duxelles of mushrooms. Sprinkle some bread raspings, recover with oil and gratin in very hot oven.

Stuffed tomatoes with fat. — Very finely hash remnants [of meat (beef, veal or mutton). Also hash and brown 1 or 2 onions with some lard and mix this hash with fine herbs garlic, salt and pepper. This stuffing can be softer in adding a few spoonful thick tomato sauce and like 2 eggs of old bread crumb, soaked in stock. Not put eggs in the mixture. Cut the tomatoes in two parts or if they are small, empty them. Season, fill them with hash, sprinkle some bread crumb, recover with oil and put in very hot oven during 15 minutes. (See illustration, page 428.)

Tomatoes "à la Provençale." — Prepare some bread crumbs, finely crumbled, add a crushed garlic, chopped parsley, fill the half-tomatoes emptied and seasoned, recover with oil and gratin on direct fire.

Tomatoes "à la Portugaise." — Cut the tomatoes in quarters and toss them with oil in a pan. When they are cooked, add a little shallot and chopped garlic, salt, pepper, add a piece of meat-glaze. Simmer 5 minutes and serve with chopped parsley.

Tomatoes "à la Mireille." — Peel and toss in oil slices of egg-plants which are emptied, with salt and floured. In another pan, also toss in oil an equal quantity of fresh tomatoes, cut in quarters and emptied.

Season each vegetable and when they are cooked, join them and simmer them together with a little garlic and parsley. Serve in a salad-dish.

Melting of tomatoes. — Melt minced onion in butter, add 1 lb. tomatoes simply cut in four parts. Salt, pepper, crushed garlic and slowly cook during 30 minutes. Serve with chopped parsley.

Tomatoes "à la Mode d'Avignon." — Peel two-egg-plants and cut them lengthwise in slices of 1/2 inch in thickness, let get them empty with salt and slowly fry them with oil. Peel and hash very finely 2 lbs tomatoes, slowly cook them in oil with seasoning and obligatory garlic. Add some bread crumb for rendering this hash more thick. Put the egg-plants on a fireproof dish, recover with tomatoes, sprinkle some bread-raspings, recover with oil and put 3/4 hour for stewing in hot oven.

Tomatoes "à la Piémontaise." — Prepare a tomato rizotto. Cut the tomatoes in two parts, empty them and fill them with this rice in which some rasped cheese has been mixed at the last minute. Sprinkle some bread crumb, recover with oil or butter and gratin during a good 1/4 hour.

Tomatoes "à l'Algérienne." — Cut the tomatoes in two parts, empty them, grill them in oven or in a pan and cook them until they are in purée. Further, peel, empty and fry in oil two egg-plants in thick slices. Drop and hash them with seasoned for making a purée with garlic, which fill the half-tomatoes. Sprinkle some chopped parsley and serve without gratining.

Tomatoes "à la Hussarde." — Cut them in two parts and empty them. Hash further a good proportion of onions, mix some parsley and slowly cook in butter or oil, add pulverized bread-crumbs, a little ham and chopped mushrooms, strongly season with paprika and stuff the tomatoes; recover with oil and put in very hot oven during 1/4 hour.

Topinambours. — They are prepared with butter, after they are peeled and boiled, as for potatoes. They are made in purée or soaked in a frying paste and fried after they are cooked either with water, either in great slices with butter. This vegetable has not a frequent use in cuisine, except for the soup in Palestina.

They are also prepared in salad, after cooking with water. These vegetables are also called "Artichokes of Jerusalem."

Truffles

As this exceeds the circlet of homely and family cuisine, a housewife must know, in certain circumstances, how truffles are to be cooked. We give here a recipe of "haulte gueule" as stated by Rabelais.

Truffles in serviette with port-wine. — 1 lb. peeled and brushed truffles. Brown a Mirepoix with butter, put the truffles, without peeling them, but very clean. Wet with a glassful madeira, port-wine or champagne. Salt, pepper and cover, bake 20 minutes, in oven if possible. Remove the truffles and arranged them on a plied serviette, reduce the cooking to 3/4, add a spoonful meat glaze, then a good piece of butter, apart from fire, and serve the sauce at the same time, strained or not. (See Mirepoix in chapter of stuffing and mixtures.)

PASTES AND FARINACEOUS FOODS

Melting "Neufchateloise." — Take 1 1/2 lb. Emmenthal cheese, a tea-cupful white wine, 1 coffee-spoonful fecula, 2 small glassfuls kirsch and a little pepper. Garnish with butter an earthenware casserole and brush it with some garlicks. Put the cheese cut in thin slices and the wine. Put it upon the flame of an alcohol lamp, until the cheese is entirely melted, and

slowly and continually stir in order to have a well smooth and mixed cream. Before all is cooked, add the fecula mixed with kirsch and pepper. Give some simmerings, regulate the flame in order to avoid the cooking and serve as stated hereunder.

All cheeses are not convenient. A special quality "for melting" must be used.

The melting with cheese (Swiss and Jura speciality). — The melting is cooked in a earthenware dish placed upon an alcohol lamp, and it is served in the same dish upon the flame, not so intensive. Plunge in the melting a piece of bread cut in cube, picked at the end of a fork. When removed, it is carefully rolled in order to avoid it falls. The "fondue" is generally served with white wine. Following an old habit, the guest who leaves his piece of bread fall in the dish, must pay a drink.

Macaroni "à l'Italienne." — Cook, without boiling, the macaroni in boiling salted water (all pastes must simply be poached). Drop and toss it with butter in a casserole, season with salt, pepper, rasped nutmeg, mix with the fork 4 ozs rasped Gruyère per pound macaroni. Arrange in timbale and powder with cheese.

A pound macaroni is sufficient for 8 persons.

Macaroni with gratin. — Proceed as above, but add the Béchamel for mixing the macaroni. Pour in a gratin dish, powder with cheese and bread raspings. Recover with melted butter and gratin.

Macaroni "à la Niçoise." — Toss the cooked macaroni in butter, add a good dressing of tomato melting, a very little quantity of garlicks and anchovy fillets and serve together with rasped parmesan.

Macaroni "à la Milanaise." — Take in preference small macaroni called "aiguillettes" or spaghetti. Cook them in salted water, but not entirely. Drop them when somewhat firm. Put in a pan a glassful madeira, a cupful tomato sauce and 6 table spoonful gravy, add 2 ozs meagre cooked ham, 2 ozs tongue "écarlate" and 2 ozs cooked mushrooms, all cut in fillets. Let simmer and pour the macaroni. Let it boil again during 1/4 hour. Mix this "Milanaise" with like an egg of butter mixed with flour. Give one simmering, remove from fire and add 4 ozs rasped cheese. Verify the seasoning and serve as a garnishing of meat or in timbale.

Nota. — The above proportions are convenient for (half a pound) of macaroni.

Macaroni "à la Napolitaine." (for "entrée.") — With a remnant of beef "en Daube à la Marseillaise" an excellent dish of Macaroni is prepared. Hash the beef very finely, wet with gravy and "purée" of tomatoes. Then, sprinkle the bottom of a dish with rasped cheese; spread the hash and cover with macaroni sprinkled with cheese. Nap with tomated cullis mixed with tomatoes cut in quarters and tossed in butter. Let simmer in oven some minutes and serve as it is.

Fresh noodles

Fresh or dry noodles can receive same dressings as the macaroni, it is not necessary to repeat the recipes.

Paste for fresh noodles. — The noodles made at home are better than those bought in shops.

The recipe, which is simple, is as follows; it can be prepared in advance.

Mix with the fingers 1/2 lb. flour with 2 full eggs, a coffee-spoonful fine salt. This firm paste must lay during several hours in a cool place, covered with a linen. Spread some thin slices of paste as thin as possible with the roller and flour them. Ploy them over and cut very fine laces. If they are prepared in advance, they must be dried on linen and further enclosed in a box. Cook them in salted water during 8 to 10 minutes, without boiling.

Noodles "à l'Alsacienne." — Before cooking the fresh noodles, keep a good pinch of them, when raw and cut them in very fine dice, as if they were chopped. Toss them in a pan with butter when well washed and dropped and in another pan cook the chopped noodles which must grill.

Mix some rasped cheese on the noodles, arrange them in a dish and sprinkle upon the grilled noodles in order to give to the dish a very agreeable crusty.

Ravioli "à l'Italienne." — Spread a very thin square of noodle paste, wet it with water and garnish with a forcing-bag and fancy-pipe, with the following stuffing in size of hazels, at regular distance about 1 2/3 inch. Recover all with another slice of paste of same sizes. Press with the fingers between each heap of stuffing and cut small squares with the special roller. Poach in salted water during 30 minutes, drop them and let simmer them 10 minutes in tomated half-glaze sauce, pour then in a hollow dish for gratin, copiously powder them with rasped cheese and gratin during a long time. (See fig. 56 et 57, and illustration, page 429.)

Stuffing for raviolis. — Hash 5 ozs braised beef, mix with 1/2 lb. purée of spinage, well dried in butter, a raw egg yolk and a crushed hard-boiled egg yolk, salt, pepper, nutmeg and 2 ozs rasped gruyère, very dry.

2nd recipe for stuffing (meagre). Spinage purée mixed with cheese, egg yolks and anchovy purée.

The raviolis sauce can be replaced by hazel-butter.

Stuffed "cannelonis." — 1/2 lb. cannelonis (great macaronis for stuffing). Any stuffing : veal gravy, purée of tomatoes, 4 ozs rasped parmesan.

The stuffing put in these macaroni can be made with remnant of cooked meat, mixed with mushrooms, tomato sauce fine herbs, eggs, etc... When stuffed with pork, the eggs are avoided.

Cook the cannelonis in boiling water. Remove them when they are 3/4 lb. cooked. Drop them on a linen and fill them of stuffing with forcing-bag and fancy-pipe. Put them in a gratin dish, powder them with parmesan, recover with a good tomated gravy, then powder with cheese and gratin, slowly simmering during 15 to 20 minutes, for terminating the cooking.

Rice

Excellent vegetable, but not well appreciated as it is rarely well cooked. When it is served as a paste or in a block of glutinous food, it has no attraction. Indo-China gives a rice rivalizing with Caroline and other glazed rices. The glazing makes the rice nicer, but it loses its natural qualities. The rice must not cook more than 17 minutes, except for some "entremets."

Rice cooked in stock. — Lightly toss the rice with butter, wet it then with stock. Add a "bouquet garni" and season. Cook during 20 minutes. The proportions for wetting the rice are equivalent to three times its volume, i. e. for a bowl of rice — 3 bowls of stock.

Rice Pilaff. — Lightly toss in butter, in a pan, 7 ozs rice for 5 to 6 persons. When the grain is set, wet it with two times its volume of white stock. Season with salt, red pepper and a "bouquet garni." Cover and cook during 18 minutes, add a piece of fresh butter to this rice, which is mixed with the fork.

Rizotto "Piémontais." — Toss in butter a big chopped onion; when it is brown, add the rice and toss all again during 2 minutes. Add the necessary stock, season and facultatively tomato purée.

Cook during 20 minutes and at the time of serving, add some rasped cheese. Can be served moulded with a cullis and tomatoes upon. (See illustration, page 429.)

Rizotto "Milanais." — Brown in butter a big chopped onion, put 7 ozs rice and toss all during 3 or 4 minutes. Add 1 or 2 spoonful tomatoes purée and wet with 7/8 pint stock. Season with salt, pepper and a pinch saffron. Cook during 15 minutes, remove from fire and add 4 ozs rasped gruyère. Arrange in timbale and recover with a light tomatoed cullis. (See illustration, page 425.)

Nota. — In suppressing the saffron, the ordinary rizotto is obtained. The tomato is facultative.

Rizotto "à la Grecque." — Make a rice Pilaff. Add a chopped onion, melted in butter, like an egg of flesh sausage, cut in form of small hazels, some minced leaves of lettuces, some small pieces of sweet pimento and a handful of green peas cooked apart.

Rice "à l'Indienne" or "à la Créole." — Put the rice in a great casserole full of boiling salted water and cook it on direct fire during 17 minutes. Drop, refresh and put to dry in stove with some butter and fine salt, until it does not paste to the fingers and can be easily crumbled. This recipe is the indispensable complement of all dressings "à la Créole" or "à l'Indienne." (See illustration, page 429.)

Risi-Pisi (Italian cuisine). — A rizotto, green peas, shrimp sauce, are necessary.

Add to the rizotto the same quantity of green peas, stewed with butter. Arrange and recover with sauce, not too thick, made with shrimps. This rice can be served without sauce. It is used as "entrée" or garnishing of meat.

"Polenta à l'Italienne." — 1/2 pd. maize semolina, 1 3/4 pint water, salt, some butter, 2 or 3 spoonful rasped parmesan. Put the semolina in boiling water and cook it. Add salt, butter and cheese. Pour on a board in a regular couch and let it get cold. Cut the slices which are browned with butter in a pan.

"Polenta à la Génoise." — 1/4 pound semolina maize, 7/8 pint water, salt, 4 spoonful rasped cheese, butter. Pour the semolina in boiling water and cook it in stirring. Add the cheese, pour in a well buttered timbale mould and keep in warm during 25 minutes. Pour on a dish and sprinkle with hazel butter.

THE SALADS

There exist two sorts of salads, well different. The green salads, such as lettuces, Batavian endive, cos, etc... are seasoned with oil and vinegar and the others which are much worked and composed of a mixture of vegetables and Mayonnaise, etc...

The firsts are generally used at the same time than a roast and the seconds accompany cold dishes in a well-treated dinner.

It happens that not well seasoned salads are eaten, as the mixture has not been well made and quantity not well disposed. For green salads, a spoonful vinegar is necessary for 3 spoonfuls oil and the dosing of salt and pepper is somewhat difficult to definite in an absolute way.

We give hereunder some recipes of salads which are not of current cuisine.

Salad with cream. — The cream replaces here the oil and it is principally with lettuce or cos that it is used. 4 spoonful cream are necessary for a spoonful vinegar and much salt owing to the insipidity of cream.

Salads with hard-boiled eggs. — When hard-boiled eggs are put in salads they must be highly seasoned. Hard-boiled eggs can be put in all salads.

Salads with mixed vinaigrette. — The endive is particularly appreciated in this way. Put an egg yolk in a salad-dish with some mustard, put oil and vinegar stirring with the whip. It must not have the consistency of mayonnaise, but must be simply mixed. A hard-boiled egg yolk can also be used. The mixed salads are very agreeable.

Salad with bacon. — The dandelion and wild chicory are principally prepared in this way. Melt and grill in a pan 1/4 lb. chest bacon, somewhat fat and cut in dice. Pour on the salad placed at the opening of oven. The melted bacon replaces the oil, put broiling vinegar, salt and pepper.

Nota. — In all salads, vinegar can be replaced by lemon.

We will not talk here of tomato, cucumber salads, etc., the recipes are shown in chapter of hors-d'œuvre.

Salad "Andalouse." — Composed of : celeriac, Spanish onions, 2 pimento berries, tomatoes, rice, olives, jelly of tomatoes. Mince in Julienne the celeriac and boil it with one simmering. Grossly hash and cook in butter 5 ozs big sweet onions of Spain, without giving colour. Grill and cut in fillets 1/2 lb. sweet pimento-berries. Cook 2 ozs Carolina rice in stock and let it get cold. Peel and cut in dice 1 lb. tomatoes. Mix all with a mayonnaise

lightly pasted with melted gelatin and add some green and black stoned olives. Mould the salad in a dôme mould and when it is set on ice, demould on a cold dish, nap with mayonnaise, decorate the top with slices of tomato jelly and olives. The basis of this salad can be surrounded with quenelles of rosy mayonnaise. They are obtained with mayonnaise increased of egg yolks which fall in boiling water per coffee-spoonful. Poach them 2 minutes without boiling, delicately drop them on a linen and let get them cold. (Put lemon instead of vinegar in this mayonnaise.)

Nota. — The tomato jelly is obtained in pasting lightly with gelatin some tomato purée, which is set on a plate-iron and cut then in laces.

Salad "Baucaire." — Composed of : celeriac, branches of celery, potatoes, ham, tomatoes, beetroots, nuts, truffles.

Prepare the celeriac and add when it is boiled an equal quantity of branches of celery minced, 1/2 lb. filleted cooked ham, some cooked potatoes cut in dice, some dice of beetroots. Mix all with well hard mayonnaise, highly seasoned, arrange in a salad-dish, decorate the top with rounds of beetroots, tomatoes and truffles. Put on the top in the middle, the heart of celery in well white branches.

Salad "Belle-Hélène." — Composed of : celeriac, beetroots, nuts and truffles.

Cut a celeriac in very fine Julienne and tender it in plunging in a casserole full of boiling water, give one simmering and drop on a linen. Make a sauce, sort of Mayonnaise, with two hard-boiled egg yolks, crushed and a raw egg yolk. This sauce is prepared with oil and vinegar, highly seasoned and adjoined with chopped parsley. Mix the celery and some pieces of nuts, grossly cut. Arrange the salad in dôme, put on the basis a crown of slices of beetroots cut with the ribbed punching-press. On the top, put a crown of truffles slices, and decorate the intervals with nice half-nuts. (See illustration, page 476.)

Salad "Camerata." — Composed of : celeriac, endives, potatoes, green beans, artichokes bottoms, mushrooms, beetroots and tomatoes.

Prepare and boil the celeriac, cut the endives in small fillets, the cooked potatoes, the raw mushrooms, the green beans, the artichokes bottoms, etc... i. e. join in a very highly seasoned mayonnaise the elements of this salad, except the tomatoes and beetroots used for the garnishing. Put on the salad slices of beetroots and alternate with slices of tomatoes, in crown.

Salad "Carmen." — Composed of : celeriac, reinette apples, endives, tomatoes, hard-boiled eggs and truffles.

The celeriac are prepared in the same way, only one simmering for making them tender. Mix the celeriac with some reinette apples, cut in the same way and 1/2 lb. minced endives. Mix this salad with very seasoned and thick mayonnaise. Arrange in dôme in a salad-dish and decorate with a crown of peeled tomatoes slices, a crown of hard-boiled eggs in thin slices, a crown of thin slices of reinettes apples, lemoned for remaining white and terminate in putting some slices of truffles from place to place. (See illustration, page 476.)

Salad "Marguerite." — Composed of : cauliflower, green beans, asparagus and potatoes.

Cook the cauliflower in water and the other vegetables but separately. Cut the potatoes in thin rounds and dispose these mixed vegetables in *dôme* in a salad-dish. Copiously nap with Mayonnaise and decorate the top of salad in putting with taste some reserved vegetables which must mask all the surface. Put in center a nice daisy made with the white of hard-boiled egg put also a crown of daisies made with a small cutting in the white of hard-boiled egg and of reduced size. The egg yolk is crushed with butter and is used for making the central button in the center of flower. (See illustration, page 475.)

Salad Macédoine. — This is a salad composed of all sorts of vegetables separately cooked and mixed with a mayonnaise. Arrange it in *dôme* and decorate with slices of hard-boiled eggs and rounds of beetroots.

Salad "Mimosa." — Same salad as above, but decorate it in forming sticks with white of hard-boiled eggs, egg yolks, parsley and truffles, all separately hashed and regularly disposed. This salad is very easy to prepare and has a nice aspect. (See illustration, page 475.)

Salad "Mugnette." — Same mixture than salad "Marguerite," but for the decoration, bunches of May lily are made with tarragon leaves, plunged in boiling water and disposed in bunches and small rounds of hard-boiled egg (white) made with a special apparatus, making the flower or May lily. This simply garnishing is good for any salad.

Salad "Russe." — It is an error to design under this name all salads of various vegetables. The Russian salad, the true, is also composed of meat and fish. It is composed as follows : carrots, turnips, green peas, green beans, potatoes, truffles, ham or tongue, „*écarlate*," lobster or crawfish, capers, gherkins, mushrooms, anchovies, *siguis*, caviare, beetroots, fine herbs and hard-boiled eggs. All these cooked or raw component parts are joined in a good mayonnaise hard and highly seasoned, except for beetroot and hard-boiled eggs. Arrange the salad in *dôme* in a salad-dish, decorate the top with beetroot, truffle, hard-boiled eggs and other component parts taken in those prepared in the salad. On the top of this salad, make a small hole with a crown of mayonnaise and fill it with caviare. (See illustration, page 462.)

Salad "Mousmée." — Choice nice and great tomatoes, somewhat firm (1 per person), cut a part at $\frac{2}{3}$ rd of their height or even cut them in two parts if they are very large. Empty them, season with salt and pepper and macerate during 1 hour. During this time, make a very fine salad of celeriac in small quantity and mix it with mayonnaise. Further clean with fine salt 1 lb. Japan crosnes well white, wash them, boil them 6 to 7 minutes in lemons salted water, drop them and season them in salad.

Then fill the hole of each tomato with a spoonful of celery salad, put around (in pressing) the crosnes one against the other in order to mask the

celery and each tomato is correctly garnished. Put them in a round dish on a leaf of lettuce, serve very glazed this original salad, each guest possesses his own (personal creation, see illustration, page 105). (Hors-d'œuvre.)

Salad "Beatrix." — Season cooked green beans with an highly seasoned "Vinaigrette", arrange them in salad. Put around slices of tomatoes, incrust upon a handful cress of gardens and sprinkle some chopped hard-boiled egg yolk.

Salad "Mercédès." — Composed of : hearts of curled succory, well white, beetroots, branches of celery, oranges, hard-boiled eggs and fine herbs.

Put the endive in a salad-dish, season in the following way. Hash 2 entire hard-boiled eggs and mix them with the necessary oil, juice of two lemons, salt, pepper and mustard. When it is well mixed, add a pinch of fine herbs and mix the salad in order to be well seasoned. Wipe the round of the dish and put on borders of the succory, small bunches of beetroots and branches of celery, cut in fillets. On the middle of salad put the slices of oranges, peeled and without pips. Each guest takes with the succory the other component parts placed over. (See illustration, page 475.)

Salad "Orloff." — Composed of : branches of celery, artichokes bottoms, ham, white of poultry, spaghettis, truffles, raw mushrooms. Very finely mince in Julienne the component parts of this salad, the macaroni not very cooked and lukewarm, mix all with a mayonnaise, thick and tomatoed and highly seasoned. Arrange the salad in *dôme* in a salad-dish. Decorate the top with nice heads of mushrooms (cooked) ribbed, well white, slices of tomatoes and truffles.

Salad "Niçoise." — Green beans, tomatoes peeled and cut in dice, slices of new potatoes, all recovered with oil and vinegar. Add much chervil.

Salad "Argenteuil." — Small *macédoine* of new vegetables mixed with mayonnaise, arranged in *dôme* and recovered with asparagus points and rounds of hard-boiled eggs for giving a nice decoration.

Salad "Lorette." — This salad is known under the name of M. C. B., i. e. *mâche*, *branche* of celery and beetroot, simply mixed with oil and vinegar.

Salad "Rachel." — Fresh artichokes bottoms, peeled and prepared as stated in the vegetables chapter, but not very cooked. Season with oil and vinegar, and also the asparagus points and raw and white mushrooms, minced and seasoned with salt, pepper, some cognac, oil and a drop of port-wine.

The four component parts (separately seasoned) are arranged in separated bunches in a salad-dish with a small bunch of green asparagus points, placed upright in center.

Salad "Richelieu" (Moulded salad). — Cut with the small root spoon, in form of olive, some carrots and turnips. Cook them separately in salted water, drop them and let them get cold. Also cook potatoes, green peas, green beans and cauliflower. Garnish with jelly a *dôme* mould and decorate



Fig. 294. — Salad mimosa (see page 473).

Fig. 295. — Salad Mercédès (see page 474).



Fig. 296. — Salad Marguerite (see page 473).



Fig. 297. — Salad Carmen (see page 472)



Fig. 298. — Salad Belle-Hélène (see page 472).



Fig. 299. — The eatable mushrooms. — Downward and from left to right : Edible boletus, scaly *Russula*, Chantarelles, morells, milky Agaric, Common field mushrooms, Horn like *Craterellus*, Parasol Fungus.

in putting the olives of carrots and turnips, some fillets of green beans, a crown of slices of potatoes, all disposed with taste. Mix remnants of minced vegetables with a mayonnaise, lightly pasted with gelatin and put in the mould. Let it get set and demould on a round and cold dish.

This salad, moulded in two small bowls, can be used as garnishing of a cold meat.

L'Heure du Berger (The lovers' time). — Composed of : potatoes salad, vegetables macédoine and remnants of lobster or crawfish. All mixed with Mayonnaise, arrange in dôme on a round dish, napped with mayonnaise to be entirely recovered. The hours of clock are made with some fillets of ham, the needles with 2 green beans, a crown of green beans and surround borders of dish with slices of tomatoes. Very original. (See illustration, page 461.)

Déjeuner sous bois (Breakfast the in woods). — It constitutes as well a cold dish than a hors-d'œuvre. Put in the middle salad of green beans, branches of celery potatoes and mixed with oil and vinegar. Make upon like mushrooms with small hard-boiled eggs surmounted with half a tomato, picked with points of Mayonnaise. Place between these mushrooms, a piece of hard-boiled egg, recovered with a thin slice of ham for making a cornet. Sauce mayonnaise apart. (See illustration, page 461.)

Salad "Parisienne." — Various vegetables mixed with remnants of crawfish, joined with mayonnaise and decorated with quarters of lettuces and hard-boiled eggs. (See illustration, page 462.)

CHEESE

Cheese ought to be served during all the dinners, even the most ceremonious and always brought before the "entremets" and the "dessert."

Cheese Gervais, also called "Petit Suisse." — Drop the cream in a basin garnished with a muslin. After about 24 hours, this cream is firm. Fill special small moulds, also garnished with muslin and in which the cream is becoming hard, during some hours. Then demould the cheese and surround it with a slice of paper.

Cheese, called "Fontainebleau." — Easy to make at home. Take 1/2 lb. thick cream, well fresh for 4 persons. Add a coffee-cupful fresh milk, well creamy, keep it in a cool place or even on ice during 30 minutes. Beat the mixture with the whip, just the necessary time, but do not make whipped cream. Garnish with a muslin a round mould, hollow, and put the cream during half an hour before serving.

MENUS

The 50 menus given hereunder only contain recipes given in this book. They are easy to prepare. They will give some ideas to the housewife for establishing menus and on the order of serving the dishes. They can be changed or diminished if they are found too copious.

Methods and instructions contained in this book must be followed, i. e. do not put two red meats one after the other.

We give some rich menus for the well-treated dinners, family meetings, baptisms, etc... which are to be appropriated for the season. If no game can be prepared, it will be replaced by poultry, etc...

Further good recipes can be found in this book according to the choice of everyone.

VERY SIMPLE MENUS

LUNCH

Hors-d'œuvre
Scrambled eggs with croûtons
Mutton stew with vegetables
Marmelade of season fruits

Rillettes
Sautéed veal with green peas
Green cabbages "à l'Anglaise"
Cream with caramel

Mussels "Marinière"
Hunter collops
Potatoes "Savoyarde"
Rice "à la Condé"

Hors-d'œuvre
Pilaff of kidneys
Pork rib, sauce "Piquante"
White beans with butter
Apple marmelade

DINNER

Soup with sorrel
Smoked cod with cream
Cold meat (remnants)
Salad
Cake "Nantais"

Soup with leeks and potatoes
Omelet with ham
Noix of veal in casserole
Carrots with cream
Pears "Almina"

Soup with onions
Fried whittings
Roast rabbit
Tossed cèpes
Fritters of apples

Peasant soup
Colin, white sauce
Mutton ribs "à la Champvallon"
Eggs in snow

SPRING MENUS

LUNCH

Various hors-d'œuvre
Poached eggs with tarragon
Lamb's cuttlets "Montmorency"
Carrots with cream
Cakes with strawberries

Hors-d'œuvre
Grilled small mackerels
Young pigeons with green peas
Artichokes "Barigoule"
Cherries gratin

Marinated herrings, white wine
Chicken in cocotte "au père Lathuile"
Glazed ham "à la Rotschild"
Salad
Glazed oranges

Artichokes and fennel "à la Grecque"
Small red mullets "à la Monte-Carlo"
Porterhouse steaks "Béarnaise"
Turnips with cream
Rhubarb pie "à l'Anglaise"

DINNER

Cream soup "Clamart"
"Matelote Meurette"
Tossed chicken "Portugaise"
Sautéed cauliflower
Apricots "Condé"

Stock "à la Julienne"
Trout's fillets "Meunière"
Saddle of salt-marsh "Bouquetière"
Asparagus, sauce "Mousseline"
Strawberry foam

Cream "Châtelaine"
Delices of Manon
Beef fillet "à la Moderne"
Variegated green beans
Cherries ice

Stock "Madrilène"
Crawfish "Cardinal"
Noix of veal "à l'Épicurienne"
Stuffed egg-plants
Melon en surprise

SUMMER MENUS

LUNCH

Salad " Algérienne " (hors-d'œuvre)
Stuffed eggs " Vert-pré "
Sautéed beef fillet " Stroganoff "
Potatoes " Suzette "
Tartlets with plums

Various hors-d'œuvre
Dolmas of cabbages
Chicken in jelly
Salad " Marguerite "
Timbale Parisienne with fruits

Skewered poultry livers
Scrambled eggs with tomatoes
Moussaka à la Turque
Salad of cauliflower
Summer Charlotte

Tourteaux " à la Russe "
Mutton kidneys " Vert-pré "
Veal ribs with fine herbs
Stuffed tomatoes " à la Hussarde "
Cream Saint-George

DINNER

Soup " Judic "
Young pike " au bleu "
Braised ham " Maillot "
Green peas " à la Française "
Apricots " Maintenon "

Stock " Sévigné "
Brill " à la Dugléré "
Leg of salt-marsh " à l'Anglaise "
Steam potatoes
Peaches " Cardinal "

Stock " Brunoise "
Eels " au vert "
Noix of veal " Reine Margot "
Artichokes bottoms " Florentine "
Strawberry moscovite

Cream " Gentilhomme "
Crayfishes " à la Nage "
Chicken " à la Stanley "
Spinage with fleurons
Russian cap.

AUTUM MENUS - GAME SEASON

LUNCH

Various hors-d'œuvre
Gnocchis "à la Romaine"
Salmis of partridges
Fried gourds
Moka cake

Cromesquis "à la Diane"
Veal sweetbreads "Demidoff"
Hare's civet
Melting potatoes
Pralined bavarois

Hors-d'œuvre
Swiss tartlets
Chartreuse of partridges with cabbages
Eggs-plants "à la Boston"
Cup of fruits

Various canapés
Small boats "Chevreuse"
Hare's back "à l'aigre-douce"
Chestnuts purée
Pralined floating island

DINNER

Soup minestrone
Soles "à la Colbert"
Roast pheasant, garnished with thrushes
Braised succory with cream
Refreshed fruits with Marasquin

Cream "d'Harblay"
Poached bass, shrimp sauce
Leg of venison "à la Nesselrode"
sauce venaison.
Carrots "à la Vichy"
Diplomat pudding

Stock "Petite Marmite"
Trouts "à la Hussarde"
Cuttlets of young wild boar "à la Saint-Hubert"
Braised celery with gravy
Meringue apples

Stock "croûte au pot"
Cheese soufflé
Flamed woodcocks
Chevalière of lettuce with madeira
Cake "Turinois"

WINTER MENUS

LUNCH

Poultry croquettes, Périgueux sauce
Veal blanquette
Tournedos "Beaugency"
Hazel potatoes
Pears "à la Mauresque"

Salad of red cabbage (hors-d'œuvre)
Herring fillets "à la Russe"
Fricassée of rabbit
Grilled pork ribs
Salad
Apples "Bonne-Femme"

Gnocchis with gratin
Partridges "à l'Alsacienne"
Roast beef rib
Potatoes "Normande"
Fritters "Suzette"

Various hors-d'œuvre (oysters)
Omelet with kidneys
Garnished choucroute
Salad "Lorette"
Fruits suédoise

DINNER

Cream Calcutta
Sole fillets "Dieppoise"
Saddle of venison "à la d'Estrées"
Cauliflower "Polonaise"
Peaches "Melba"

Oxtail soup
Lobster "à la Créole," rice "Créole"
Young duck with olives
Cardoons with marrow
"Mont-blanc" with chestnuts

Stock "Marguerite"
Quenelles of pike "à la Lyonnaise"
Fattened pullet "Financière"
Braised chayottes
Bombe Paul

Stock "Xavier"
Slice of salmon "à la Batelière"
Hare "à la Royale"
Endives "à la Flamande"
Charlotte of apples

MENUS FOR BANQUETS

LUNCH

Caviare or oysters
Grilled turbot Béarnaise
Potatoes "à l'Anglaise"
Tournedos "à la Rossini"
Green peas "à la Paysanne"
Glazed cornets of ham "à la Vénitienne"
Salad "Waldorff"
Cheese
Rice "à l'Impératrice"

Melon with portwine
Soles fillets "à la Normande"
Roast "baron" of sucking lamb, Renaissance garnishing.
Chaufroid of fattened pullet
Salad "Mimosa"
Cheeses
Pralined "Parfait"

Various hors-d'œuvre
Lobster "à la Newburg"
Beef fillet "à la Gerbe d'or"
Cardoons with gravy
Ham with goose liver "à la Cambacérès"
Salad "Muguette"
Cheese
Glazed charlotte Malakoff

Fines belon Glacées
Vol-au-vent with soles fillets "Lavallière"
Medallions of veal sweet breads "à la Bérangère"
Glaze pheasant "à la Bibesco"
Salad "Camerata"
Cheeses
Pralined Marquise Alice

DINNER

Poultry stock with filleted eggs
Salmonned trout "à la Norvégienne"
Saddle of salt-marsch "à la Favorite"
Glazed pheasant "à la Titania"
Salad "Rachel"
Saute green beans or flageolets with cream
Cheeses
Bombe "Snowball"

Soup "Royal Spring"
Crawfish "à la Parisienne"
Fattened pullet "à la Derby"
Croûte of roast ham, sauce champagne
Spinage loafs
Goose liver foam with jelly
Salad "Belle-Hélène"
Cheese
Ice cream "Comtesse Marie"

"Bisk of crayfishes"
Haunch of venison "à la Stuart"
Stuffed "Artichokes bottoms"
Fattened pullet "à la Néva"
Russian salad
Cheeses
Rimy mandarin-oranges "en surprise"

Cream "Cambacérès"
Salmon "à la Chambord"
Puff fattened pullet, Suprême sauce
Roastbeef rib
Braised lettuces with gravy
Aspic of goose liver with jelly
Salad Orloff
Cheese
Bombe Viviane

THE DIETS

In the following chapter, due to the competence and friendship of Dr. Devillars, we will not pretend to offer the treatment of diseases, as diets are operating according to the state of people and the best judge in the occurrence will always be the doctor, who knows habitually his invalids, their nature, their reactions, etc... The following statement must only be mentioned as directive, as memorandum-book.

Obesity

DIETS

Allowed foods

Hors-d'œuvre : radish, cucumber, melon, celery, tomatoes, oysters, caviare.
Eggs : in small quantity.

Meats : beef, mutton, veal, chicken, rabbit, turkey.

Meager fish : dabs flounder, soles, whitting, red mullet, colin, perch, roach, pike.

Fresh vegetables : carrots, celery, celeriac, cabbages, Brussels sprouts, cauliflower, kohl-rabi, crosnes, cardoons, salsify, turnips, long radish, pumpkin, artichoke, asparagus, egg-plant, potatoes in moderate quantity.

Green and herbous vegetables : green beans, spinage, sorrel, leeks, all salads.

Milk-food : milk and cheese, very moderatly.

Sweets : very small quantity of dry cakes.

Fresh fruits : apples, pears, raisins, peach, apricot, plum, straw-berry, raspberry, currant, cherries, oranges, ananas.

Bread : old or grilled, rusks, croûte of bread, bread " en flûte " (pipes).

Not much salt.

Drinks : light white wine, warm infusions of tea and light coffee, not or not much sugared, mineral waters.

Principally avoid :

The grease : fat meats, pork-butcery (except meager of ham), goose liver, fat fish (salmon, tunny, alose, fresh herring, carp, bream, tench, eel, mackerel, sardines with oil), bacon, fat of pork, of mutton, of goose, butter, oil.

The farinaceous foods : beens, lentils, peas, chestnuts, rice, maize, sauces with flour.

The alimentary pastes; sugar and sugared dishes : jams, marmelades, sugared entremets, honey, pastries.

Drinks : chocolate, cacao, sugared infusions, cider, beer, sugared wines, champagne, foamy wines, liquors, syrups, gaseous waters.

STANDARD MENU

Breakfast : tea or light coffee with small quantity of milk and sugar, 1 oz. grilled bread.

Lunch : 4 ozs grilled meat, boiled or roast, or 2 eggs. Green fresh vegetables, salad without restriction. Fresh fruits without restriction. Even some cheese or dry cakes (small quantity), 2 ozs old or grilled bread. Mineral water, according to medical decision.

Dinner : meager soup, meager fish twice per week. Fresh vegetables. Fruits. 2 ozs old or grilled bread. Light tea or infusion without sugar.

Night : a cup of light tea or infusion without sugar. A glassful mineral water.

Gastric dyspepsia

DIET

Allowed foods

Fat soups, degreased with grilled bread or pastes.

Meager soups : stock of vegetables, flours, cereals.

Meager meats without sauce (roast or grilled) : beef, mutton, chicken, veal, meager ham, meager cold pork, rasped meat, veal sweet-breads, bairs.

Meager fish : sole, dab, whiting, colin, John Dory, red gurnet, tench, perch, pike, trout.

Eggs : raw or not much cooked, very fresh, boiled or scrambled eggs.

Vegetables : purée of potatoes or in oven, lentils, peas, green vegetables, cooked salad, spinages, asparagus, carrots.

Pastes and feculents : noodles, macaroni, rice, semolina (according to medical decision).

Cheeses : fresh, Gervais, Pommel, milk cream.

Milk (very prudently).

Cooked fruits.

Old or grilled bread, or rusks.

Drinks; small quantity of white wine added with mineral water, warm infusions.

Avoid principally :

Sauces, grease, cooked butter, spines, marinates, gherkins, bad meat, games, pork-butcher's, preserves, fritters.

Crustaceous, shells, molluscs.

Fat fish : eel, herring, mackerel, salmon, alose, tunny with oil, turbot, sardines with oil, carp, bream.

Hard-boiled eggs.

Vegetables : cabbages, mushrooms, tomatoes, sorrel, egg-plants, raw vegetables.

Bread crumb, puff-pastry.

Strong cheeses.

Raw fruits.

Pure wines, generous, crackling, liquors and gaseous waters.

Nota. — The general diet for dyspeptics can be varied according to the state of dyspepsia and nature of invalids after one or another treatment.

STANDARD MENU

Breakfast : coffee with milk, tea with milk, grilled bread or rusks without butter.

Lunch : grilled or roast meat. Purée of potatoes or not decorticated lentils, marmelade. Old or grilled bread in small quantity. Mineral water according to medical decision.

Five o'clock : tea with milk and dry cakes.

Dinner : meager soup (not much), meager fish or meager ham. Cooked green vegetables. Fresh cheese, oranges, currants, jams, marmelade. Bread or rusks. Mineral water.

Half an hour after the two dinners : a warm infusion (mint, lime-tree flowers, camomile, vervain or anise.)

Simple diabetes

GENERAL DIET

Solid foods :

Absolutely authorized : of animal origin : all meats (beef, mutton, lamb, veal, pork, etc.). Smoked or salted meats (ham, mortadelle, sausages, tongue, etc.). Pies, except the croûte. Poultry (chicken, pigeon, turkey, goose, etc.). Games, brain kidneys, black sausage. Fish of all nature. Oysters, mussels shells, lobster, crawfish, crab, shrimps, crayfish, snails, frogs. Eggs under all forms, except with flour or sugar. Greases (bacon, fat of pork, goose, mutton, beef marrow). Cream, butter, fresh or fermented cheeses. Of vegetal origine : spinage, sorrel, leeks, asparagus, celery, all salads raw or cooked, watercress, cucumber. Nuts, hazels, almonds, olives.

Relatively authorized : i. e. in moderate quantity : cabbages Brussels sprouts, cauliflowers, choucroute, kohl-rabi, long radish, turnips, radishes, crosnes, green beans, artichokes, pumpkin, tomatoes, mushrooms, truffles, potatoes. Oranges, strawberries, raspberries, gooseberries, cocoanut. Bread (crumb) according to advice. Gluten bread, gluten and leguminous, soja, almonds, aleurone.

Absolutely forbidden : flours of cereals and pastes (semolina, macaroni, noodles, vermicelli). Rice, maize, tapioca, sagou, arrow-root, lentils, beans,

peas, chestnuts, green peas, carrots, beetroots, salsify, Jerusalem artichokes, melon, onions, garlic. Pastry : cakes, biscuits, sugar, sugared dishes, honey, bonbons, chocolate. Nearly all fruits and principally the currant, date, figs, bananas, cherries, plums, peaches, apricots, pears, ananas, prune, dry fruits. Marmelades and jams.

Liquid foods :

Absolutely authorized : red wines, mineral water, infusion without sugar (coffee, tea). Stock of meat or fowl.

Relatively authorized : milk, lemon-soda.

Absolutely forbidden : beer, cider, champagne wine, sugared wines, syrups, sugared drinks or gaseous sodas.

Culinary remark. — Never put flour nor sugar in the dishes. For sauces and mixtures, water, wine, meat stock are used, also butter, egg yolks, greases, oil, spices (pepper, mustard, horse-radish, lemon juice).

Sugar will be replaced by glyceria or saccharine.

STANDARD MENU

Breakfast : black coffee without sugar and with cream.

Lunch : 2 eggs with or without ham, grilled meat, roast; or fish. Green vegetables, salad without restriction, nuts, almonds, hazels, bread or potatoes instead of bread. Red wine and mineral water.

Five o'clock : tea without sugar and with cream.

Dinner : stock or hors-d'œuvre. Meat, poultry or fish. Green vegetables, white cheese, swiss, gruyère. Half an orange. Bread or potatoes as in the morning. Small quantity of red wine and mineral waters.

Hepatica

GENERAL DIET

Allowed foods :

Red meats (beef, bleeding mutton or white meats : veal, chicken, turkey, rabbit) well cooked and in moderate quantity. Meager of ham.

Eggs : 1 per day.

Boiled meager fish : sole, dab, whiting, John Dory, skate cod, trout, red gurnet, perch, pike.

Vegetables : green peas, carrots, artichokes, salsify, cooked salads, tomatoes, pumpkin, melon, onions, potatoes.

Feculents, alimentary pastes, bread in moderate quantity.

Well matured fruits.

Milk-foods : pure milk, ass's milk, clotted milk, kéfir, yoghourt, fresh cheese, very small quantity of butter.

Drinks : mineral water, Vittel or similar mineral water, infusions.

Principally avoid :

Greases and fat meats (pork, goose, duck, goose liver, salmon, tunny, alose, turbot, mackerel, eel, fresh herring, sardines with oil, carp, bream.)

Sour-foods : vinegar, lemon, insufficiently matured fruits, green beans, spinages, sorrel, rhubarb, asparagus, cabbages turnips, long radish, radishes, watercress, truffles.

Spices : pepper, mustard, pickles, capers, gherkins, garlic shallots; gamy, marinated, salted, preserved meats.

Indigestible dishes : crustaceous, shells, snails.

Alcoholic drinks, fermented drinks, chocolate, cocoa.

STANDARD MENU

Breakfast : Half an hour before the breakfast : a glassful Vittel, during the 15 first days of each month or light sugared tea with honey, rusks.

Lunch : well cooked white meat or bleeding red meat. Fresh vegetables. Fruits. Fresh cheeses. Old bread. Mineral water added with some white wine.

Dinner : meager or soup with milk. One egg or a fish. Potatoes or green vegetables. Fresh cheese, yogourt. Fruits. Drinks as for the lunch.

Night : warm infusion or sugared warm milk.

Digestive troubles — Enteritis

DIET

Allowed foods :

Stocks or panadas with cereal flours : corn, rice, oat, arrow-root, racahout, tapioca, pastes. Prepared in water or in vegetables stock or with a vegetal decoction or cereals, with or without milk.

Panadas with grilled bread or crumbled and strained rusks.

Alimentary pastes : noodles, macaroni. With water or fowl stock, adjoined with fresh butter and salt at the time of serving.

Eggs : well fresh, boiled and prudently. According to individual nature.

Purée of vegetables : potatoes, rice.

Pure milk or adjoined of mineral water or creamed, kéfir, yaourt.

Cooked and sugared fruits : marmelades, jams.

Dry cakes.

Drinks : sugared water, lactosed water, toast-water, rice-water, albuminous water, warm infusions, light tea, mineral water.

STANDARD MENU

7 h. 1/2 : vegetables stock with 2 spoonful well cooked rice.

9 h. 1/2 : light purée of potatoes, very small quantity of salt and butter, mineral water.

Lunch : panada with water or milk, not much salt and butter.

15 h. : dropped noodles with water, butter and salt in the plate, mineral water.

18 h. : stock of vegetables or lactosed water.

Dinner : 20 h. : stock with rice cream, 2 coffee spoonful currant jelly.

Infusion of lime-tree flowers when going to bed.

Arterio-sclerosis — Hypertension

GENERAL DIET

Allowed foods :

Hors-d'œuvre : radishes, tomatoes, melon, cucumber, oysters.

Eggs : in small quantity.

Meager fish : dab, plaice, sole, whiting, fresh herring (without the roe), red mullet, colin, perch, bream, garoon pike.

Meats : beef, mutton, pork, poultry rabbit.

Vegetables : potatoes, carrots, green peas, green beans, cauliflower, kohlrabi, beetroots, turnips, salsify, crosnes, cardoons, celery, celeriac, artichokes, leeks, pumpkin, tomatoes, onions, all raw or cooked salads, beans, peas, lentils, split peas, chestnuts, rice.

Alimentary pastes.

Milk-foods : milk, clotted milk, cream, cheese, not fermented.

Sweets : cream, rice cakes, biscuits, dry cakes, tartlets, very fresh pastry.

Fruits : all well matured, raw or cooked, jelly and jams.

Seasoning : moderate quantity of salt, vinegar, lemon, garlic.

Bread : old, grilled, rusks.

Drinks : mineral waters, light wine, cider, orange, lemon-soda, aromatized infusion, coffee "décaféiné."

Principally avoid :

Shrimps, crayfish, lobster, crawfish, crab, snails, shells, mussels.

Pork-butchery (except meager ham), preserved foods.

Game, ducks, gamy meats, marinated or smoked, saltings, dishes with jelly, brains, fritters.

Cabbages, Brussels sprouts, spinages, asparagus, truffles.

Fermented cheese.

Pepper, mustard, pickles.

Coffee, tea.

Pure wine, generous or sparkling wines, strong beers, liquors, spirituous liquors, gaseous waters.

STANDARD MENU

Breakfast : half an hour before the breakfast : a glassful mineral water according to medical decision, during the 15 first days of every month. Coffee with milk, light, with rusks or grilled bread, or milk or milk-soup.

Lunch : roast meat, green vegetables, fresh cheese, raw fruits, old bread, light wine with mineral water.

Dinner : meager soup or stock, potatoes or pastes or rice, raw or cooked fruits, old bread, same drinks as for the lunch.

Night : warm infusion (lime-tree flowers, camomil, orange-flowers, anise).

Illness of the skin

These cutaneous affections have so many causes that no general diet can be shown. The Doctor will indicate himself the real diet convenient for these illnesses.

CURES OF FRUIT JUICES

The active sources of vitamins have conducted the medical science to the cures of fresh fruit juices, of which qualities, and agreeable sensation they give, have assured success in all cases. The fruit juices contain apart of the vitamins (daughters of sun), mineral salts indispensable to the organism. They are depurative and work, according to the advice of Drs. Jarret and Nivière, as a real alkaline serum. The cure of fruits is generally made with sugared and juicy fruits, such as : strawberries, cherries, raisins, oranges, peaches, etc... This cure is continued during three or four weeks, it is separated during a longer time with intervals of 15 days. We recommend to drink with a straw, as the juice being always acideous can influence the enamel of teeth. This cannot be found a nuisance.

We do not want to prolong this notice with medical considerations and we will simply mention in which organic affections fruits may operate.

Raisin cure. — From 2 to 6 lbs per day, according to the case. The raisin is pressed and the juice is only kept. It is recommended in all cases of constipation, enteritis, dyspepsia, congestion of liver and all presentation of arthritism.

Cure of oranges or mandarin-oranges. — Very recommended for foster-children or young babies, with minimum doses, from 1 to 3 coffee spoonful per day for foster-children and 5 to 10 table spoonful for babies of 15 to 30 months. The orange is also indicated in case of fever for old-people, convalescent rheumatic persons and scorbutic people. Some lemon juice can be added to the orange juice.

Cure of strawberries. — From $\frac{3}{4}$ lb. to $1\frac{1}{4}$ lb. per day for the arthritics, rheumatics; gouty, hepatic people, invalids of " lithiase urique " and diabetics. This can also be eaten by tuberculous people owing to the strong proportion of lime, phosphorus and acid " salicilique."

Cure of cherries. — Recommended for obesity, constipated, arthritics 2 lbs per day. They must be well stoned before being pressed. Owing the the firm nature of cherries, the pressing is necessary.

Cure of currants. — Recommended for constipated, invalids of digestive tube or urinary organs, owing to the diurétic qualities of fruits.

Cure of apples. — It strongly helps the digestion and is particularly recommended for people who are quickly eating. If it is eaten as fruit, it must be carefully masticated. Also recommended for constipated, either in fruit or in pressed juice.

We must add, to close this chapter, that the cure is made either with fruits themselves or with their juice.



SECOND PART

PASTRY AND ENTREMETS

The housewife has a daily and imperious task : by her cares or those of her staff, the service of cuisine wants a continued and always renewed work.

For making pastry and entremets, this is not the same. However, all housewives and particularly the mothers have a great pleasure to make sweet dishes, to prepare themselves desserts and sweets which are the accompanying — always well accepted — of family dinners and it is not without rapture that they are doing this work.

Further a good cake, a well dressed entremets not only constitutes a real agreement for the table, but it also plays a rôle in the alimentary point of view.

This is the reason why a cookery book is not complete without a very documented chapter on pastry.

The pastry is a delicate operation and more than the cuisine, it can be compared to the chemistry. It is easier to alter an error in dressing a mistake in a cuisine dish than in a piece of pastry. We insist upon the fact that our readers must bring all their attention and all their cares. We must add that it is only with repeated work and various experiences that they will obtain the necessary turn of hand which will give honour to their address, ability and taste.

In the following pages, the recipes are made for 8 persons. All have been made several times and good results have always been obtained.

We must only recommend to strictly follow the indications given, which are based on the experience and which are also as important as the dressing of pastes, it may be the delicate puff-paste, brioches paste, tarts or biscuits pastes.

GENERAL PASTES

Brioche paste. — Proportions : $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ oz. sugar, $\frac{2}{3}$ tea-spoonful fine salt, $\frac{1}{4}$ oz. yeast, 3 small whole eggs.

Take $\frac{1}{4}$ of the flour, put it in fountain, i. e. in circlet on a marble or pastry board. Put the yeast in middle and pour 6 table spoonful lukewarm water. Dissolve the yeast, add the flour and if necessary some lukewarm water in order to have a soft paste. Make a ball which is cut in cross and which is plunged in a casserole full of lukewarm water.

When the paste, called "leaven" increases in the lukewarm water, break the eggs in the remnants of paste and mix it with the hands, strongly beating this paste for becoming elastic during 10 minutes (it must be separated from fingers). At this moment, put salt and sugar, also butter and always continue to beat the paste during about 5 or 6 minutes. Butter must be soft, to be easily mixed.

Drop then the "leaven" which has risen to twice the size, mix it delicately (without beating the paste) and put all in a terrine powdered with flour. Cover and let it rise in sweet heat during 3 or 4 hours. Then beat it in the basin or on the floured table. Put in the covered basin and keep it in a cool place until the time of using.

Make the paste the day before at 5 or 6 p. m. or 8 to 9 p. m.; and let it stand in a cool place during the night. The paste will be firm and the desired form can be given. (See cooking of large cakes.)

Savarin paste. — Proportions : $\frac{1}{4}$ lb. flour, $1\frac{3}{4}$ oz. butter, $\frac{1}{4}$ oz. yeast, 1 tea spoonful sugar, a little half tea-spoonful salt, 2 full eggs, 6 table-spoonful lukewarm milk.

Warm a terrine at the opening of oven. Sieve the flour. Make a hole in center and put the yeast, pour the lukewarm milk for dissolving the yeast. When this is made, break the 2 eggs and mix them with the flour.

The paste must be very soft, nearly liquid, beat it 2 or 3 minutes with the hand. Cover the terrine and put in moderate temperature in order to twice the size, during about $\frac{3}{4}$ hour. After that time, toss the butter, work it until it becomes like a well smooth pomade, then mix it to the paste with salt and sugar.

Beat this paste in a terrine with the hand, rising it up with the fingers and let it fall, this only during 4 to 5 minutes.

The paste is then terminated, it can be used at once, according to the indications given far away. (See large cakes.)

Babas paste. — They are made with same paste as savarin. But in the last minutes, it is added, for the above proportions : 2 ozs well dry Corinthian raisins and 1 oz. Smyrna raisins, well cleaned and mixed.

Nota. — This method for making the paste permits to serve savarins and babas, about two hours after the beginning of dressing and this gives perfect results.

The composition of syrup for soaking of babas and savarins is shown in chapter of cream, cooked sugars, etc...

Kugelhopf or cougloff paste. — Proportions : 1/2 lb. flour, 3 ozs butter, 1 table spoonful (not too full) sugar in powder, 1/2 oz. yeast, 1/4 lb. Malaga raisins, 1/4 oz. salt, 2 full eggs, 1 tea cupful milk. Prepare a leaven as for savarin paste. When it is made, mix all, little by little, and add the eggs one after the other and if necessary the complement of lukewarm milk in order to have a soft paste. This paste must be elastic and for this reason whipped with the hand. It must rise to twice the size in a special mould and bake.

Krapfen paste (Wien fritters). — Proportions : 1/2 lb. flour, 2 pieces of butter size of an egg, a tea-spoonful sugar, 3/4 tea spoonful salt, 1/4 oz. yeast, 2 full eggs, a glassful lukewarm milk.

This paste is exactly made as brioche paste. The milk is used for dissolving the yeast. Somewhat firm paste, spread with roller after it has risen.

Breakfast rolls paste (croissants) of baker. — Proportions for 15 breakfast rolls : 6 ozs flour, 3 ozs butter, 3/4 tea-spoonful salt, 1/5 oz. yeast, 1/2 tea cupful water, some milk.

Make a leaven with 1/4th of flour. Put it to rise in lukewarm water, after it has been cut in cross with the knife. During that time, mix remnants of flour with salt, half of butter and some water and lukewarm milk. Mix the well dropped leaven. This paste must not be too soft. Put it in a terrine, in moderate heat, covered with a cloth, let it rise during 5 to 6 hours, put it on a marble and flatten it with the hand. Spread upon the remnant of butter, well mixed, roll it three times, then after 1/4 hour, roll it twice again, proceeding as for puff-paste. For making the breakfast rolls (croissants), spread with roller a somewhat thin slice of paste, cut it in triangular pieces about 3 inches side. Roll the paste on itself like a cigaret, taking it by the basis of triangle and the point remains in the middle. Put the pieces on a plate iron and give the forme of breakfast rolls (croissants). Let them rise in warm place, glaze the top with beaten egg and bake them from 7 to 8 minutes in very hot oven.

Paste for small loafs with milk (for sandwiches or stuffed loafs). — Proportions for 24 small loafs : 7 ozs flour, 3 ozs butter, a tea spoonful sugar, 3/4 tea spoonful salt, 1/4 oz yeast, about 1 tea cupful milk.

Make the leaven as for the breakfast rolls. Mix the remnant with butter and salt, and wet the paste with lukewarm milk. Beat the paste as for a brioche and keep it soft and elastic. Mix the leaven and let it in warm during 3 or 4 hours. When paste has well risen, beat it on a marble so that it falls.

Divide it in pieces of size of pigeons eggs. Roll these pieces on a marble, lightly floured, give the form of somewhat long loafs and put them on a plate iron. Keep them in a warm place in order to be well risen.

Then glaze with beaten egg and bake in very hot oven during 6 to 8 minutes

Grilled rusks. — Same paste as for milk-bread. Add a whole egg and diminish quantity of milk.

When paste has well risen, put it in a special mould and let it rise in a warm place. Bake it in very hot oven. When the paste is cold, cut it in slices and grill them either in oven or on the grill.

Crumb-bread, called english bread. — Proportions : 1 lb. flour, $\frac{2}{3}$ oz. yeast, 2 tea spoonful salt, $\frac{1}{2}$ pint lukewarm milk.

Prepare a well soft leaven, nearly clear with $\frac{1}{4}$ th, of flour. Sieve upon it the remnant of flour and put in warm until the leaven is rising and pierce the flour. Mix all in a terrine with the hand and add lukewarm milk and salt. When paste is made, it must be smooth and soft. Put it immediatly in a special mould with hermetical closing (the mould must be half-filled for a mould of 1 pound). Shut the mould, put in very hot oven during about 1 hour. Only open the mould before $\frac{3}{4}$ hour, i. e. when paste is cooked or nearly cooked.

Frying paste. — Proportions : 7 ozs flour, $\frac{3}{4}$ tea-spoonful salt, 2 table spoonful olive oil, 1 $\frac{1}{2}$ tea-cupful lukewarm water, 2 whites of eggs, $\frac{1}{6}$ oz yeast.

First warm a terrine in which the sieved flour is put. Make a hole in center, pour the oil, salt and lukewarm water in which the yeast is dissolved, quickly mix all with the hand in order to have a very clear paste, just napping the fingers. Make the soaking of paste, and the best way is (without giving elasticity) : put at the beginning the necessary quantity of water and when the flour is well mixed, not work it, but put it in bottom of a terrine which is covered with a plate and put in a warm place during 3 or 4 hours in order to have the fermentation of paste. At the time of using it, delicately add 2 whites of eggs in very firm snow.

Paste for " Gâteau des Rois " (of Bordeaux). — Make a crown in brioche paste of which the proportions for 10 to 12 persons are : $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, 3 table spoonful sugar, $\frac{1}{2}$ oz. yeast, $\frac{3}{4}$ tea spoonful salt, 2 eggs and a small quantity of water.

Work it as ordinary brioche; but as regards the erecting see our large cakes.

Paste for Coulbiac. — The coulbiac is a dish of russian cuisine made with brioche or puff-paste. The brioche paste will be made for 8 to 10 persons : 13 ozs flour, $\frac{1}{4}$ lb. butter, 1 $\frac{1}{2}$ tea spoonful salt, $\frac{1}{2}$ oz yeast, 2 full eggs.

Work this paste as for an ordinary brioche, but keep it firm in order it can be spread with the roller.

Alsatian risen paste. — Proportions : 7 ozs flour, 4 ozs fresh butter, $\frac{1}{2}$ table spoonful sugar in powder, $\frac{1}{2}$ oz. yeast, salt, 1 full egg, half a cupful lukewarm milk.

Put the yeast in a bowl and pour the lukewarm milk over with some sugar. Melt the yeast in this milk, not stir it, it must rise in this way. During that time, work the flour with salt, sugar, well soft butter and egg (white and yolk). When the mixing is operated, add the milk containing the yeast, beat well the paste until it does not adhere to the spatula.

The "Fougace." — This is a crown in brioche paste, strongly sugared and less buttered than paste for "Gâteau des Rois" of Bordeaux. Put on the top thin slices of cedrate and sprinkle some granulated sugar.

Paste for "Galette des Rois" (Puff-paste). — The "Galette des Rois" is made either with remnants of puff paste used for bouchées, or with vol-au-vent, almond cakes, etc. Make a ball with these remnants, not stirring them too much. Roll the paste, smooth it and make a galette.

For making more quickly this galette, prepare it according to the following recipe.

Family paste for "Galette des Rois." — Proportions : $1\frac{1}{2}$ lb. flour, 6 ozs butter, $\frac{3}{4}$ tea spoonful salt, $\frac{1}{4}$ pint water.

Put the sieved flour on a marble and make a fountain in the middle, in which salt, water and mixed butter are put. Delicately and quickly mix all. When this is made roll it in ball, recover with a linen and put it in a cool place during a good hour. Roll it 4 times, as for the puff-paste and let it stand during $\frac{1}{4}$ hour after the second time. This paste is used after 4 times instead of 6.

Brioched bread. — Proportions : $1\frac{1}{2}$ lb. flour, 2 $\frac{1}{2}$ ozs butter, 1 $\frac{1}{2}$ tea spoonful fine salt, $\frac{1}{4}$ oz. yeast, 1 full egg half a glassful water.

Prepare this paste as for brioche paste. Keep it soft. Make it the day before, mould it in a cylinder mould, close it or simply make small loaves put on the plate iron. Let them rise, glaze and bake in hot oven.

Puff paste. — Proportions : $1\frac{1}{2}$ lb. flour, 7 to 8 ozs butter, about 1 tea cupful cold water, a tea spoonful salt.

Place the paste in fantaisy and put in the middle salt and cold water. Quickly mix with the ends of fingers in order to have no elasticity. The mixing is quickly operated and gives a paste having same consistency as butter, which must always be firm instead of soft.

The first part of puff-paste is called the soaking and is very important for the results. It is better not to put the tea cupful of water at the beginning, as paste can be too soft owing to the fact that flours do not possess the same absorbing faculty. This is the reason why the exact weight of butter cannot be given. In order to know the necessary quantity, the paste must, after soaking, be weighted : proportion of butter is equal to the half-weight of soaking. For instance for 1 lb. soaking $\frac{1}{2}$ lb. butter is taken.

In proceeding in this way, an always regular puff-paste is obtained. The soaking can be mixed with 1 $\frac{3}{4}$ oz. yeast

How to operate mixing of butter in the paste : Let the soaking stand in a cool place during $\frac{1}{4}$ hour, flatten it with the hand, then put in the middle,

the well firm butter, but not frozen, put the four ends over, in order that butter is well covered.

Roll the paste in a long and well regular slice which is thinned until that butter is seen. Spread it very lightly with the roller and not much flour as the proportions must not be destroyed. When paste presents a long well right slice, ploy it in three parts, beat down one end on the middle of paste and the other end over the first. This operation is called "donner un tour" as the piece of paste is put in the opposite side (turning upon itself instead of returning it upside down), then roll it, ploy it in three parts, this is the second time which is therefore made in opposite sense of the first.

Let the paste stand in a cool place during about twenty minutes, then roll it twice, always in opposite sense one from the other. Let it stand in a cool place during 20 to 30 minutes, give again 2 turns which are the last and which bring the total number of turns to 6. The paste is ready for making various cakes. (See fig. 67, page 49 and followings.)

Half-puff paste. — Some cakes want a light and not so puff-paste. Small cakes or small entrées of paste do not want a paste which needs 1 hour working.

Make a half-puff paste rapidly obtained with 7 ozs flour, 7 ozs butter, $\frac{3}{4}$ tea spoonful salt and water enough to have a firm paste.

Put the flour with butter, salt and water in center and half a juice of lemon. Mix all with the ends of fingers, grossly. Give 2 or 3 turns for terminating the mixing of butter. Use it as "galette des rois," chaussons of apples, small warm cakes, cheese matches or palm-leaves or other cakes.

Russian puff-paste. — This method gives surprizing results when used by specialists of "raw."

1 lb. flour, 1 lb. butter, 3 tea spoonful salt, 2 full eggs, lemon juice, a glassful water.

Take the half of flour, put in the middle, salt, eggs and lemon juice, well mix the paste during a long time as for brioche paste. When it is well coriaceous, recover it with a linen and put it during 3 hours on ice. Then mix the butter and the remaining flour with very small quantity of water (or it cannot be put if the butter is soft). Then roll the first paste, put in the middle the butter mixed with flour, turn it and after it stands during half an hour give 4 turns in two times. Use it as the other puff-paste.

Instantaneous puff-paste. — Proportions : 1 lb. flour, 1 lb., 6 ozs butter, 3 tea spoonful salt, 1 lemon juice and a very small quantity of water.

The butter must be less firm than usually. Mix all delicately, give 4 turns and use.

Good result is obtained, but it is more fragile when cooked.

Ordinary puff-paste. — A very nice puff-paste can be obtained with margarine instead of butter. The pastry cook uses much vegetal products. But if paste is nicer with such products, it is always with butter that good puff-pastes are obtained.

Puff-paste with grease and oil. — We will simply mention that puff-paste is made with suet of veal kidneys or even beef, crushed, reduced in paste and strained through sieve and used as butter.

In Spain puff-paste is prepared with oil which is marvellous but which possesses a taste not convenient for all people. Make the usual soaking, give 12 turns, one by one, at 10 minutes interval (keeping the paste in a cool plate and brushing it with oil at each turn) before plying it.

Choux paste. — Proportions : $\frac{1}{4}$ lb. flour, 3 ozs butter, $\frac{1}{2}$ oz. sugar, $\frac{1}{2}$ tea spoonful salt, $\frac{1}{2}$ pint water and 4 full eggs. Put in a casserole cold or warm water, salt, sugar and butter. Place it on fire, and when the mixture boils and the butter is well melted, pour the sieved flour, stirring with spatula in order to have a very thick and compact paste. Remove it from fire, add to this paste when it is well warm the full eggs which are put one by one, stirring always after the egg is added. When the paste is made, it must be soft and fluent, but not liquid, and making well a block. The number of eggs can be found insufficient, in this case break an egg which is beaten in a plate and added to the paste (on the contrary, if paste is nearly good after the third egg, add only a part of the fourth). This comes from the practice.

Choux paste for gnocchis. — The choux paste is prepared in the same way but with only 2 ozs butter for same quantity of water and flour.

Do not put sugar and add pepper and rasped nutmeg. When the paste is wet with the eggs, terminate by adding 2 ozs rasped gruyère or $\frac{1}{2}$ oz. rasped parmesan. (See cooking and dressing of warm entrées.)

Choux paste for puff fritters (Pets de nonnes). — Same proceeding as for choux paste with half less butter and half less sugar.

Fine short-paste for tarts. — Proportions : $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ oz. sugar, $\frac{1}{3}$ tea spoonful salt, about 1 tea cupful water.

Put the flour in fountain, place in center the other ingredients. Mix delicately all with the ends of fingers, and rapidly without giving elasticity to the paste. Roll it in ball, recover with a linen and let it stand during 2 hours in a cool place. It is better to prepare the paste on the day before, as it is firmer and does not keep any elasticity. If the paste is coriaceous when raw, it will be like pasteboard when cooked, but a long standing will render it supple.

Nota. — The given proportions are for 2 large tarts for 8 persons each or 30 tartlets.

Pie, croustades and timbale paste. — Proportions : $\frac{1}{2}$ lb. flour, 3 ozs butter, $1\frac{1}{2}$ oz. hog's lard or 2 table spoonful olive oil, 2 tea spoonful fine salt, 1 eggyolk, 1 tea cupful cold water.

Put the flour in fountain, put in center the other ingredients. Mix all and when this is made, "fraise" the paste. (Flatten the paste on the table with the right hand, pushing it and make this twice.) This paste will then be well mixed and compact, which is a necessary thing in order to

support a dull weight of meat or garnishing. Let it stand during some hours in a cool place.

The proportions are given for a pie for 6 persons.

Sugared paste, also called dry paste. — Proportions : $\frac{1}{4}$ lb. flour, 2 ozs butter, 2 ozs sugar, a pinch fine salt, 1 whole egg or 2 egg yolks.

Put the flour in fountain on a pastryboard. Put also in middle, in fountain, the sugar, then salt and butter, add the egg and mix all : first sugar and butter with the egg and then the flour in order to have a homogeneous paste. Make this paste 2 or 3 hours in advance and let it stand in a cool place.

Nota. — In summer, when butter is soft, the whole egg is replaced by two egg yolks and a firmer paste is consequently obtained.

Paste "Frolle," called Neapolitan paste. — Proportions : $\frac{1}{2}$ lb. flour, 5 ozs cleaned almonds, 5 ozs butter, 5 ozs sugar in powder — 2 small eggs — 1 pinch of salt, zest of lemon.

Very finely crush the almonds and add the sugar little by little, in order to avoid them becoming oily. Add a whole egg. Put this paste in middle of flour, placed in fountain, add the butter, the second egg, the salt and zest of lemon or orange. Quickly mix this paste which must be firm and which can be extended and worked with the pastry-roller. Let it stand during 1 hour, before using.

Fine Geneose paste. — 4 ozs flour, $\frac{1}{4}$ lb. sugar, 4 ozs butter, 4 whole eggs, perfume at will.

Put in a copper basin the sugar and whole eggs. Place it on a very moderate fire, shake the paste in order to get twice the size and that it becomes lightly warm. Remove it from fire and continue to beat it for making it cold. Mix then sift flour with spatula, then the melted butter (avoid that butter is too warm, as it would be difficultly mixed and would not have the same good taste). For keeping the lightness to the Geneose paste, the mixing must be delicately made. When this is made, not turn the paste as it would become dull and would have a disastrous effect in giving after cooking the green tint which is the despair of unexperienced people. (See fig. 91, page 61.)

Pralined Geneose paste. — Fine Geneose. Press $\frac{2}{3}$ oz. flour and add 1 $\frac{1}{2}$ oz. powder of pralin (see mixtures). Bake in more moderate oven.

Geneose paste with caramel. — Proportions : as above. On the quantity of sugar make a caramel with 3 table spoonful sugar. Pour this caramel on an oiled marble and when it is cold, crush it to be mixed with remnants of sugar. Make the geneose as above.

Paste for fine biseuit with butter. — $\frac{1}{4}$ lb. sugar, 4 ozs flour, 3 ozs butter, 4 eggs.

Put the sugar in a basin with 4 egg yolks. Work it until the paste becomes well foamy and whitish. Add the sift flour and mix it delicately with the 4 whites of eggs in snow. Then put the melted butter. For the mixing, observe the same care than for the geneose which can be replaced in much case by this biscuit. (See fig. 87, page 59).

Paste for finger biscuits. — 3 table spoonful (not too full) sugar, 3 table spoonful flour, 3 eggs, and vanilla.

Work during a long time the sugar and 3 egg yolks. Mix delicately the flour and whites in snow. Do not try to make the mixing perfect, as too mixed paste becomes liquid and flat and split biscuits are obtained after baking.

Paste for Savoy biscuits. — 1/2 lb. semolina sugar, 3 1/2 ozs flour, 3 1/2 ozs fecula, 7 egg yolks, 7 whites of eggs, vanilla.

Same proceeding than for finger-biscuits. Pour together flour and fecula and delicately mix the whites in very firm snow. Very delicate baking.

Nota. — A confusion is sometimes made between the Savoy biscuit and the geneose and ordinary biscuit, etc... We have given here the real recipe.

Rolled biscuit. — Proportions : 3 ozs flour, 3 table spoonful (not too full) sugar, 1 table spoonful butter, 3 whole eggs, 1 egg yolk (for 10 persons). Put in a basin the sugar and the 4 egg yolks. White all with spatula, then mix the flour together with the 3 whites of eggs, in firm snow. Terminate in mixing the melted butter, which can be suppressed in certain cases. Spread this paste on a sheet of paper, not buttered and placed on a plate-iron. Put it very regularly (2/3 inch thick), in order that there is no thinner part which would become dry at the cooking. Bake in very hot oven during 7 to 8 minutes, then return the plate-iron on a marble and let the biscuit get cold under it, as it would become softer.

This biscuit is used for making several sorts of cakes or entremets. It can also be cut in slices after it has been garnished with different sorts of creams or jams and rolled on itself. It is also used for making the Christmas-log. (See illustration, page 509 and fig. 89, page 60.)

Paste for boudoir biscuits. — Proportions : 7 ozs sugar, 10 ozs flour, 4 eggs, 1 spoonful honey, 1/2 dram. tartar cream (found at druggist's shop) for 3 dozens biscuits.

Beat with the whip the eggs, sugar and honey. Perfume with orange-flower and when the paste is well light mix with tartar cream and flour. For the cooking see small biscuits.

Paste with melting almonds (1st recipe). — Proportions : 1/2 lb. almonds, 1 lb., 7 ozs loaf-sugar, a pod of vanilla, 2 liquor glassful cold water, 1 spoonful glucosa.

Skin the almonds after they are kept during 2 to 3 minutes in boiling water. Entirely refresh them. When skined, wash them in cold water, drop them, very finely crush them in adding little by little the value of 2 liquor-glassful cold water. The adding of water in the almonds avoids them becoming oily. This must be added by very small quantities in order that the almonds are not 'drowned' for it would be impossible to crush them. Cook the sugar "at crack." (See cooking of sugar, page 517.)

When it is cooked, mix the crushed almonds, apart from fire with the spatula, work all until the paste becomes sandy. At this moment put in a crusher and crush all until it is cold. Put on a marble and work it with the hand until it is very malleable and possesses the consistency of short paste (pâte

brisée). Cover with a wet linen, keep in cool in a well covered terrine, until the time of using.

Nota. — This paste is used for making a multitude of petits fours the recipes of which are given in chapter of petits fours.

Paste with melting almonds (2nd recipe). — Reduce in very fine powder, 1/2 lb. almonds skined in advance and well dried. Mix the powder on table with the hand with 7 ozs fondant to glaze and a little powder of vanilla. A same paste as above is obtained, not so white and not so fine but more rapidly made and used for same purposes. Easier for the housewives.

Ordinary "Crepes" paste. — 1/4 lb. flour, 1 table spoonful (not too full) vanilla-sugar, 1 table spoonful melted butter, a pinch fine salt, 2 whole eggs a glassful cold milk, cognac or rhum for aromatizing (12 crêpes).

Put the sift flour in a basin, break in middle the eggs, add the salt, sugar and cold milk, all together, then with the whip mix all in order to have a very smooth and very clear paste, in adding cold milk if necessary. Then add the melted butter, (if paste makes clots, strain it through sieve before mixing it with butter). Make the paste 2 or 3 hours in advance.

Nota. — Do not sugar more the crêpes paste, as it is too much coloured in the pan (sugar always colours the pastes to which it is added). Further the crêpes are always powdered with sugar or covered with jam and they will be consequently sufficiently sugared.

A part of milk can be replaced by sweet cream and butter can therefore be suppressed. Only use cooked butter, cleaned and decanted and feebly grease the pan.

Fine crepes paste. — 1/2 lb. flour, 2 whole eggs, 3 egg yolks, 1 1/2 oz. semolina sugar, half a coffee-spoonful fine salt, 2 ozs melted butter, 7/8 pint cold milk, 2 whites in snow, rhum, cognac, orange-flower, etc., according to taste.

Make the paste as above. Add the whites in snow, at the last moment.

Paste for fried "Croustades" (see delices of Manon). — This is a sort of very common crêpes paste. Put in a terrine about 1/4 lb. sift flour, a whole egg, a pinch salt and mix in adding half water and half milk in order to have a paste thicker than crêpes paste.

MERINGUES

Meringue paste (Swiss meringue). — 4 whites of eggs, 1/2 lb. powder of sugar, vanilla.

Put the whites in copper-basin and beat them in very firm snow with the whip. Then mix with spatula the sugar in powder and some vanilla. For mixing, put the sugar in rain with one hand, stirring the spatula with the



Fig. 300. — Brioche mousseline (see page 521). — Fig. 301. — Brioche in crown (see page 521). — Fig. 302. — Brioche with head (see page 521). — Fig. 303. — Cherry-tart (see page 534). — Fig. 304. — Apricots tart (see page 535).



Fig. 305. — Apple chaussons (see page 531). — Fig. 306. — Pithiviers cake (see page 530). — Fig. 307. — Plum cake (see page 553). — Fig. 308 — Champigny cake (see page 530). — Fig. 309. — Kugelhopf (see page 527).



Fig. 310. — Rolled biscuit (see page 505). — Fig. 311. — Saint-Honoré cake (see page 564). — Fig. 312. — Savarin with rhum (see page 522). — Fig. 313. — Linzertart (see page 537).

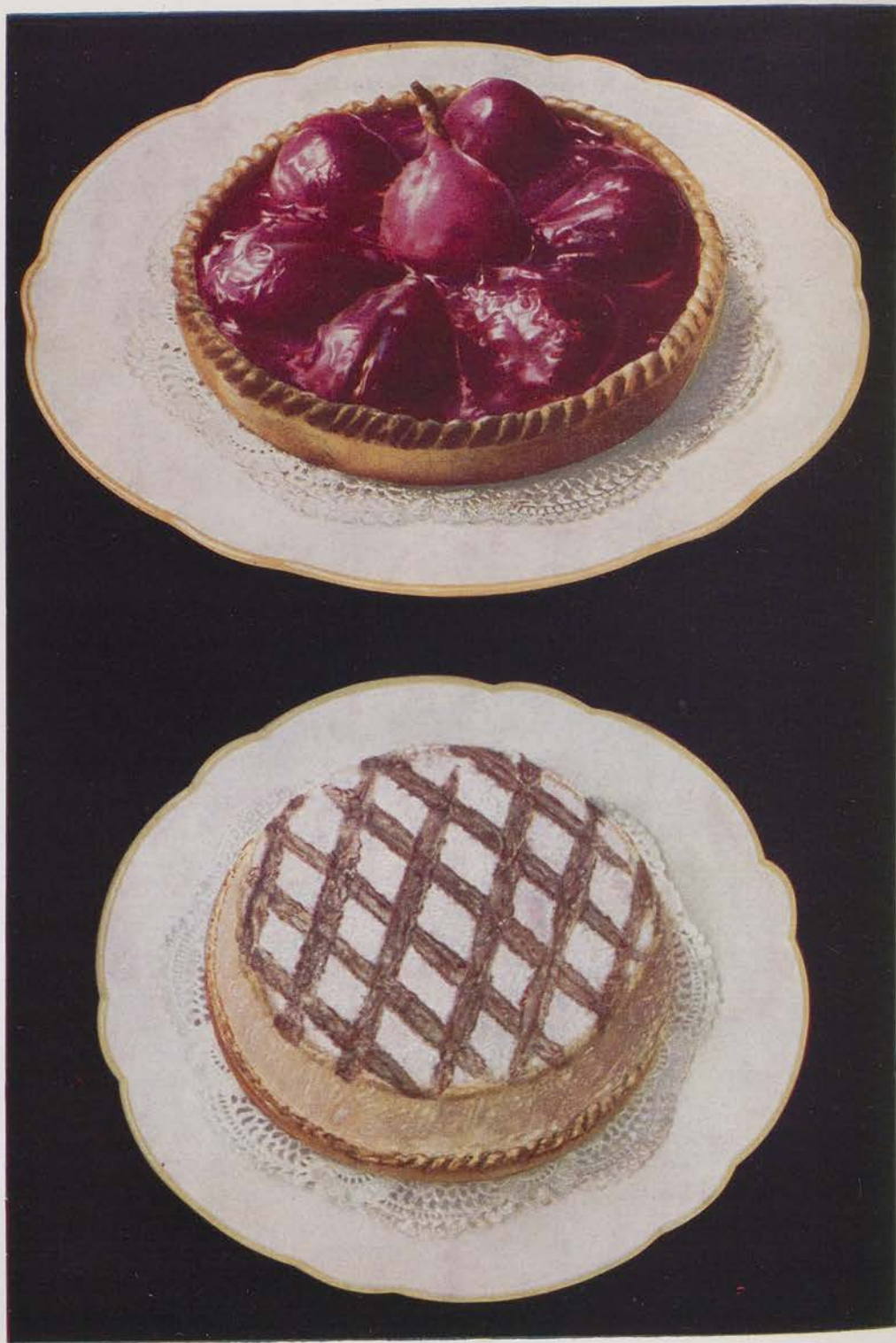


Fig. 314. — Pear tart (see page 535).

Fig. 315. — Flan or croûte "à la Batelière" (see page 639).

other, not too strongly nor during a long time. A too prolonged mixing would make the paste soft. The whites of eggs must be very firm.

Nota. — This meringue is used for making the shells which are filled with Chantilly cream, etc... (See fig. 94, page 63.)

Meringue paste (Italian Meringue.) — 3 whites of eggs, 1/2 lb. of sugar, 1/2 tea cupful water, a pod of vanilla.

Cook the sugar "at blow", pour it on the whites of eggs, beaten in very firm snow, and continue in stirring always with the whip.

If help can be given for this dressing, this is better, as the heat of sugar can give dangerous burns. This cold meringue is used for garnishing various cakes or "entremets" and can replace the whipped cream in the countries where it is impossible to obtain it. In no case, this meringue is baked in oven, except in adding glazing sugar, as it is stated further (See Lady's Fingers, page 599.)

Meringue paste (Cooked meringue). — 4 whites of eggs, 1/2 lb. vanilled glaze sugar.

Put in a basin the whites of eggs and glaze sugar (or in powder) and whip all on a very moderate fire (as for the geneose) until the paste is well firm and cannot be spread. It must be somewhat warm but not enough for giving cooking of whites of eggs.

Bake it in well hot oven.

Nota. — Is used for dressing of : rock cakes, imitated mushrooms, etc... (See illustration, page 605.)

Meringue paste with almonds. — 5 whites of eggs, 7 ozs sugar in powder, 5 ozs powder of dry almonds, vanilla or another perfume.

Proceed in the same way as for swiss meringue, i. e. mix the sugar and powder of almonds with the whites in snow, well firm. The almonds can be replaced by grilled hazels, reduced in powder or put a half in each.

Meringue with strawberries. — Proportions : 5 whites of eggs, 1/2 lb. cooked sugar "at crack," 1/2 lb. purée of strawberries, 1 3/4 oz. glucos.

Cook the sugar "at crack" with the glucosa. Mix the purée of strawberries which dilutes the sugar and cook all "at small blow." Pour on the whites in snow and colour with some drops carmine.

This meringue can be made with all sorts of fruits, it is principally used for petits fours, fine cakes and for glazed soufflés. (See cold entremets.)

PASTES FOR WAFERS AND CIGARETS

Ordinary wafers (gaufres). — 1/2 lb. flour, 5 ozs vanilla-sugar, 3 eggs, 3 1/2 ozs melted butter, 7/8 pint cold milk, fine salt.

Put all in a basin, except the butter. Mix with the whip until the paste is smooth and possesses the appearance of crêpes paste. Add the melted

butter and cook in a very hot and greased wafer-iron. Powder with sugar when serving.

Wafers of public gardens. — Proportions : 10 $\frac{1}{2}$ ozs flour, $\frac{1}{4}$ lb. glaze-sugar, 1 egg, fine salt, 1 $\frac{1}{2}$ oz. butter and water for mixing the paste. Sugar when serving.

Brussels wafers. — $\frac{1}{2}$ lb. sift flour, 2 ozs butter, 1 $\frac{1}{2}$ oz sugar, $\frac{1}{4}$ oz yeast, 2 eggs, salt and milk.

Dilute the yeast with some lukewarm milk, pour it in middle of flour, add eggs, sugar and supplement of necessary milk. Terminate with melted butter and keep 2 hours in moderate heat to rise to twice the size, before making the wafers.

Lille wafers. — Proportions : $\frac{1}{2}$ lb. flour, 5 ozs butter, 4 ozs sugar, 4 egg yolks, a little fine salt, zest of lemon or orange and some rum.

Make the paste as for a sugared and well smooth paste and cut it in pieces, size of egg (according to the thickness of wafer-iron), roll these pieces in balls, put them in the warm wafer-iron, flattening them with the hand, close and cook on good fire.

They have the size of swiss "bricelets" (see hereunder). These small crusty cakes are kept during some days in a well closed box.

Sultana wafers. — 12 ozs flour, $\frac{1}{2}$ lb. sugar, 5 ozs butter, 6 egg yolks, 6 whites in snow, $\frac{7}{8}$ pint, milk, salt.

These wafers are cooked in a special wafer-iron, to have them very thin. They are joined two by two and stuffed with the following cream.

Cream for stuffing wafers. — Crush with the hand on a marble 7 ozs melting (see cooked sugar), 7 ozs cocose and 4 ozs glaze sugar, well vanilled. The butter can replace the cocose if the wafers are immediatly eaten.

"Plaisirs" and "Oublies." — Prepare an ordinary wafer paste, made with $\frac{1}{2}$ lb. flour, 6 ozs sugar, 2 eggs, 2 ozs melted butter, water and milk in half.

The "oublies" are rolled in cornet when cooked.

Paste for small wafers and cigarets. — 2 white of eggs, 4 ozs sugar in powder and vanilled, 2 ozs butter, 1 $\frac{1}{2}$ oz. flour.

Beat the whites of eggs in very firm snow, mix them delicately with the wooden spoon, first the powder of sugar, then the sift flour, and at last the melted butter (just melted, but not warm). Before baking this paste, it is better to ascertain whether it is good, i. e. bake 1 or 2 small wafers in very hot oven, on buttered and floured plate-iron. If, when cooked, it is too fragile, and cannot be easily manipulated, put a pinch of sift flour, if in the contrary the paste has the consistency of paste-board, add a spoonful melted butter.

Bricelets (Swiss wafers). — 1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 4 eggs, zest of lemon, a pinch of salt.

Make a sugared paste, cut in balls in size of nut, flatten them a little. Warm the bricelet-iron and well brush it with a rind of bacon. Put all the balls which can be contained in the iron. Close the mould and cook the two sides as for all wafers.

PREPARATIONS OF VARIOUS CREAMS, AND COOKING OF SUGAR

We join in this chapter the creams and mixtures which have their application in the recipes and which it is fastidious and unnecessary to recall at each time.

We must give an advice of general order, which cannot be contraried. Only use for cream and mixings high class products, fresh milk, fresh eggs, fine butter and not succedaneums which can replace them, as it is often said. The eggs must be very fresh, not only for the taste they would give to the cakes and creams, but also on a hygienic point of view. The examples of poisoning made by cakes with cream prepared with bad eggs, are numerous.

Pastry cream. — Proportions : 7 ozs sugar, 3 ozs sift flour, 4 egg yolks, $\frac{7}{8}$ pint vanilled milk.

Whip in a casserole the egg yolks and sugar with a small whip. When the preparation is whipped add the sift flour. Mix all with boiling milk in which vanilla is infused. Cook the cream in stirring with the whip until it gives some simmerings. This cream must be thick by flour, must boil in order to give its effect. No danger that it turns.

Saint-Honoré cream and choux cream. — Pastry cream in which are added when boiling, the double of whites of eggs in snow than the quantity of yolks contained in the cream, i. e. 6 whites of eggs for 3 egg yolks contained in the pastry cream.

Bourdaloue cream. — Proportions : $\frac{1}{4}$ lb. sugar, $1\frac{1}{2}$ oz. rice cream, 1 whole egg and 2 egg yolks, $1\frac{1}{2}$ oz. fine butter, $\frac{1}{2}$ pint almonds milk, a liquor-glassful kirsch, vanilla. Mix the sugar with the whole egg and egg yolks. Add the flour and almonds milk (see far waay) when vanilled and boiling. Cook as for pastry cream. When it has boiled during 2 minutes, add, apart from fire, the kirsch and the butter.

Nota. — This cream sometimes replaces the pastry cream.

Frangipan cream. — $\frac{1}{4}$ lb. sugar, 3 ozs flour, 3 eggs, $\frac{7}{8}$ pint milk, vanilla, 2 ozs powder of almonds.

Same proceeding as for pastry cream of which it only differs by less lightness and the almonds.

Liquid english cream. — Well known by all housewives. It accompanies the entremets either cold or warm : eggs in snow, puddings, etc...

Proportions : 4 ozs sugar, 3 egg yolks, a pinch fecula or arrow-root, 1 tea cupful, vanilla or another perfume. Work the sugar and egg yolks with spatula. Add the fecula and mix with the vanilled boiling milk. Put the cream on fire and slowly stir with spatula, not letting it boil (it must be removed when it gives its first simmering).

For making this cream with coffee, put half milk and half infusion of strong coffee.

English cream pasted with gelatine. — Same proportions as above, but suppress the fecula, and add to the cream when set and apart from fire, about 1/4 oz. gelatine which has been first soaked in cold water. Strain the cream when the gelatine is melted and let it get cold.

Butter cream. — Prepare a liquid English cream; when it is cold, mix it with the quantity of necessary butter, according to the desired quantity.

This butter must be fine and lightly soft and the cream is added little by little with the necessary perfume.

Butter cream " Muslin " with syrup. — Proportions : 4 ozs pieces of sugar 6 table spoonful water, 5 egg yolks, 1/2 lb. fine butter, vanilla.

Cook the sugar with water and put the vanilla (or coffee-spirit if a coffee-cream is made, etc...) until the " thread "; then slowly pour on the egg yolks placed in a basin always stirring with the small whip. When the syrup is mixed, whip all until it is completely cold. It is then foamy and light. Lightly soften the butter in a terrine, then work it with the whip for smoothing it. Add the cream little by little.

In case the cream would " turn," it would indicate that too much syrup has been put. In this case only add some melted butter. The cream can present a granulated aspect and can " turn " when it is too cold, in winter for instance. In this case put the cream one minute in oven and whip it a moment. If it still remains " turned " add some cold melted butter.

Butter cream with meringue. — Mix 1/2 lb. fine butter in a cooked meringue made with 1/4 lb. butter and 2 whites of eggs. Only add the soft and worked butter when the meringue is nearly cold or cold.

This cream is perfumed at will and is used for various cakes.

Vanilled butter cream. — Put in a basin the necessary quantity of fine butter (about 4 ozs for 8 persons), for the cake or for the plate or petits fours which must be garnished. Let it lightly get soft, beat it with the whip and add the vanilled English cream or beaten syrup with egg yolks until the butter is sufficiently sugared.

Moka cream. — Same proceeding as above, in mixing a good coffee spirit instead of vanilla. It is preferable if the cream is specially prepared for a moka cake, to make a syrup cooked with very strong coffee instead of water. Some spirit must be added for reinforcing the tint.

Chocolate butter cream. — Same proceeding as for vanilla cream in adding, when the cream is terminated and well cold, 3 tablets of chocolate, melted with some water, or a table spoonful cacao also melted and cold.

Pralined butter cream. — Same proceeding as for vanilla cream, in adding 2 ozs pralin reduced in powder.

Chocolate cream or pralined coffee. — Pralined creams with coffee or chocolate are obtained in adding to the initial recipes 2 ozs pralin, crushed in powder.

Butter pistacho cream. — Same proceeding as for vanilla cream in adding 2 ozs cleaned pistachio, finely crushed with some kirsch. Reinforce the colour with vegetal green in very small quantity.

Same proceeding for the hazel cream.

Butter cream with liquors : kirsch, curaçao, Benedictine, etc. — Add the fine liquor in very small quantity at the same time as cream used for sugaring the butter. The latter is difficult to be mixed with liquid, alcohols and very strong perfumes must be used.

Almonds cream for Pithiviers cake. — Proportions : 4 ozs almonds, 4 ozs sugar, 1 1/2 oz. butter, 2 egg yolks, 1 liquor glassful rum.

Finely crush the almonds with sugar, add the egg yolks, the butter and then the rum. Work all with spatula and use this cream for garnishing various sorts of cakes of which the most known is certainly the puff-cake, called : Pithiviers.

Whipped cream. — Refresh on ice 1/2 pint sweet cream, called "Fleur-de-lait" mixed with half its volume of thick cream, called double cream. When this cream has remained during 1 hour on ice, it is whipped until it is well foamy and firm. It is then dropped on a silk or hair tammy. Not whip it too long, as the cream would become a butter.

Whipped cream (2nd recipe). — Put on crushed ice during about 15 minutes about 1/2 pint thick cream, well fresh called double cream and 1/4 pint fresh milk not boiled, then whip all as above on the ice.

Chantilly cream. — The Chantilly cream is the above whipped cream but mixed with 2 to 3 ozs sugar in powder, well vanilled. This cream is used for garnishing the meringues, "vacherins," "mille-feuilles" and quantity of cakes and "entremets." This cream can also be perfumed with coffee or fruit spirit, alcohol and fine liquors.

Sambayon cream. — The Sambayon or Sabayon is rather a sauce than a cream and is used warm for accompanying puddings of all sorts.

4 egg yolks and 5 ozs sugar are placed in a casserole and strongly worked with the small whip, when the mixture is whited, it is mixed with an ordinary glassful of white wine; the casserole is put in bain-marie and the whip is strongly rolled between the two hands until the cream is very foamy and at the first

simmering of water in bain-marie. At this moment, add the perfume and it is immediately served when the cream is foamy as it rapidly falls.

If the Sambayon is prepared in advance, it is better to add a pinch fecula with sugar, the cream will be better maintained.

The Sambayon can be made with Port-Wine, Madeira, Frontignac, Champagne, etc...

Frozen Sambayon. — Same preparation as above plus 2 egg yolks. When it is set, pour in a basin placed on ice and whip until complete coolness.

Aromatize at the last minute with marasquin, kirsch or any other perfume.

Ganache cream. — Put 5 ozs very good chocolate to become soft on moderate fire with 2 ozs fine butter and 6 table spoonful sweet cream or in default with same quantity of cold boiled milk, added little by little. Work this chocolate for smoothing it and use it when it is cold garnish petits fours.

Almonds milk. — Crush 5 ozs almonds, freshly skinned, and wet them little by little with 1 1/2 tea cupful cold water. The almonds must be very finely crushed in paste and the water added little by little in order to avoid the almonds becoming oily. Then crush all through a linen and take up the water which is absolutely as milk. Milk can also be used instead of water.

The Royal Glaze. — Put half a white of egg in a basin. Mix little by little well fine and sift. Glaze sugar, until obtaining a very white and very consistent paste, which is used for covering some cakes.

Pralined Royal Glaze or preparation "à Condé." — Same proceeding as above in adding to the Royal glaze a handful finely chopped almonds. Used also for cakes and "entremets."

Royal Glaze for decoration. — Make the Royal glaze as stated in adding some drops of lemon juice and beating the preparation during a long time with the small spatula. The lemon dries the Royal glaze.

This glaze is used for making, with the paper cornet, a name on a cake or for making nice decorations.

Water glaze. — Mix 4 ozs sugar with a very small quantity of cold water, added little by little in order to have a sort of very liquid melting which is lightly warmed for glazing some cakes or petits fours at the removing from oven

Pralined chopped almonds. — Not very finely hash 5 ozs freshly skinned almonds. Cook in a pan 1/4 lb. pieces of sugar with half a glassful water and a piece of vanilla and bring it to the degree called : "at large blow" (see page 518), add the almonds and mix all on the side of fire until the sugar turns white on the almonds and that it forms like sand in the bottom of casserole. Crush these almonds through the sieve for eliminating the dust and keep the almonds, well closed. They are recovered with sugar, as for small "pralines."

The pralin. — Put in a copper-pan an equal weight of sugar in powder and not skinned almonds, mix all on fire with spatula, until the sugar is melted in a brown caramel and the almonds are then well grilled, pour all on an oiled

marble and let it get cold. Then reduce this pralin in powder in crushing or in rasping, or even reduce it in paste by crushing it during a long time.

It is reduced in powder in order to be put in ices or creams, but for some petits fours, it must be a paste.

Pralin can also be made in replacing the almonds by hazels or in putting the half of each.

The Pralin (Other recipe). — Cook 5 ozs pieces of sugar with some water and when it is "at small blow" add 5 ozs not skinned almonds, mix all on fire. When it is sandy and when the sugar pastes around the almond, continue the cooking until complete caramelising of sugar and grilling of almonds. Let it get cold and terminate in powder or in paste.

Granulated chocolate. — Soften in stove the tablets of chocolate of good quality. When it is soft, put it in a sieve with large holes and strain it with the crusher upon a sheet of white paper. It falls like large vermicella. Spread it on the sheet and let it get cold in the air. Pass it in the hands for breaking it.

Sugar : its cooking and its making

Here follows the way to proceed to the cooking of sugar.

Put the pieces of sugar in a copper pan, not tinned, add a table spoonful glucosa per 1 lb. sugar and a tea cupful water. Melt it entirely on the side of fire, continue the cooking on direct fire. During this cooking, the sugar is passing through thirteen different phases before it has the caramel aspect. We have only to recall here 5 degrees of cooking which must be distinguished for the current work, contained in this book.

They are the following : "the thread," "the pearl," "the blow," "the small crack" and the "great crack."

As proportions, we take : 1 lb. sugar, 2 spoonful glucosa and about 1/4 pint (3/4 tea cupful) .

The "Thread" sugar. — First degree of cooking.

When the sugar is cooking, wash the sides of pan with a small linen wiped in cold water. This is necessary to dilute the splashes of sugar put on the pan during the ebullition and which would be caramelised or crystallised and would fall in the sugar, which would be grained or coloured.

The syrup is in direct ebullition and begins to get thick. Take a little between the thumb and forefinger, separate the two fingers, the sugar must form a very thin thread going from one to the other finger, without breaking.

This degree of cooking is used for butter cream muslin, the iced "perfection." It weighs at this moment 30° R. to the saccharometer (we will speak later on of this instrument.)

We have then :

The "Pearl" sugar. — When the syrup is soon very thick, take a skimmer and plunge it in the sugar. Remove it and strongly blow through the holes.

The sugar comes then out of the skimmer in small balls which immediately crack. This is the degree used for the melting which glazes the cakes and petits fours.

At this moment of cooking the syrup has a weight of 37 to 38° R.

The "Blow" sugar. — Continue the cooking during a moment until taking some sugar with the spoon and putting it in a bowl of cold water a ball can be made having the consistency of a gum-ball.

The "small crack" sugar. — The cooking of sugar is continued until when cold in water, it breaks in plying, but is yet pasting to the teeth. This cooking is used for making the melting almond paste. This is also the degree convenient for making flowers of turned sugar.

The "great crack" sugar. — The cooking is prolonged until the cold sugar can be broken and crumbled in the mouth without pasting to the teeth. This sugar is used for glazing the cherries, oranges slices and different petits fours. (In this sugar, we recommend to put about 1/2 diam. tartar cream instead of glucose, when it is put on fire.)

If this degree is passed, the sugar becomes first yellow, then caramel.

These two last degrees cannot be kept with the saccharometer, owing to the fact that it is too thick for plunging a tool. The degree of cooking is recognized when crunched. It must not attach to the teeth.

How to make the caramel for colouring the sauces, etc. — Cook 4 ozs sugar with a very small quantity of water, in order to have a very brown tint and it has an acrid smoke. Wet it then with half a cupful warm water, in stirring and diluting at small ebullition. Do not keep it too concentrated, as it would not easily flow after coolness.

Strain through tammy and put it in a bottle. The sugar being well burnt, the caramel can be kept for a long time.

The sugar "filé." — Is used for garnishing of certain cakes or for dressed cakes (*pièces montées*) : "croque-en-bouche," nougat, etc... It is easy to obtain.

Cook the sugar at "great crack," let it get cold until it is very thick. At this time, plunge a fork or a silver spoon and shake it quickly upon the oiled spatula giving a movement of oscillation in order that the sugar placed on each side of spatula, is fixed in very thin and fine threads. Wip then the fork in sugar and continue until having sufficient sugar "filé." It is very malleable and the desired form can be given with the hand.

Melting for glazing of cakes. — Cook the sugar "at pearl" and pour it on a marble where it is spread. Some minutes after, when sugar does not paste to the fingers and when it is well cold, work it strongly with a very clean spatula. When a white and lightly sandy substance is obtained, the spatula is not necessary, crush the melting in small quantities with the hand in order it is well smooth. The terminated melting can be kept indefinitely in a well closed dish.

Method for using the melting. — Put in a pan, the necessary quantity, add the choisen perfume, let it get lukewarm in mixing with the small spatula, then add some water if the formed glaze is too thick. The melting must be thick enough also for covering the cake or petit four and it must also be liquid to be easily spread, nap it well. Do not warm too much the melting, it is essential.

Melting with kirsch. — Mix in a small casserole a piece of melting with a table spoonful kirsch and some drops water, let it get lukewarm until when plunging with the small finger a certain heat is felt. Pour on the cake and quickly spread it in order that the melting naps well all the necessary surface before getting cold.

When the melting is too warm it becomes unglazed when cold instead of brilliant as it must remain; if not too warm it would always paste to the fingers and would not dry in making a croûte as it must be the case.

Nota. — Replace the kirsch by rum, curaçao, anisette, coffee, etc. and add the tint necessitated by the perfume.

Chocolate melting. — Dilute in advance the chocolate with some water, then add the melting and proceed as stated above. The chocolate can be replaced by some cocoa; the melting is then more coloured and is always enough sugared.

Nota. — For the large cakes to be glazed with melting or with glaze sugar, take care, before glazing them, to nap them with a brush and very reduced apricots marmelade. This makes the melting adhere and give a more brilliant glazing.

Glazing of cakes with glaze sugar. — When by surprise we have no time for making the melting, glaze sugar is used.

Dilute in a casserole the necessary quantity of well sift glaze sugar with perfume and some water. An identical paste to the melting is obtained, thick, which is getting lukewarm and which is used in the same way, but the glazing is not so brilliant.

If when lukewarm, the melting is too clear, put some glaze sugar.

Cover of chocolate for soaking bons-bons and petits fours. — Under the name of cover of chocolate, a special chocolate is designed in which a certain quantity of cacao butter or other vegetal butter is put. This cover is used by the confectionners for making their bons-bons.

It is used as follows : Break this cover in small pieces, put them in a very small casserole, put it on bain-marie with lukewarm water and slowly melt in stirring, not put water with the cover.

When it is well melted, it must be hardly lukewarm, work it during a good time, then put the bons-bons which are to be soaked, remove them with a fork of two or three teeth, drop them a second and put them on a sheet of white paper. Put them on the air, if possible in a current of air for activating the coolness which makes them well brown and well brilliant. After cooling which is long, the bon-bons are separated from the paper.

In case it would be impossible to have a cover of chocolate, this can be replaced by a very good chocolate; for 1/2 lb. chocolate, 2 ozs cacao butter is added when melting and which is bought at druguist or chemist shop; if when melted it is not liquid enough for the soaking add then a little quantity of this butter.

Syrup for savarins and babas. — Melt on fire 11 ozs pieces of sugar wet with a good 1/2 pint water. Weight the obtained syrup which must have 22 ° R. Then add to this syrup about 1/2 tea cupful of rum, kirsch or another liquor chosen for perfuming the cakes, sprinkle the cake when it is also warm and when it is well impregnated pour then upon some spoonful of this same pure liquor.

Eaten lukewarm these cakes are certainly better than when cold. Syrup is obtained at the desired degree in adding water if it has a superior degree or sugar in the contrary.

The saccharometer

This small tool has its place in the kitchen. It is necessary, not expensive and is not large. This is a glass-tool of the style of the thermometer, specially made for giving the containing of sugar in a syrup. It is unbreakable to the heat (but not to the falling). The graduation numbers show the degree where comes the syrup. Do not apprehend to soak it in the boiling syrup, but in a narrow and profound dish in order it can bathe without touching the bottom. If a syrup of 25° R. is needed and it gives 28 or 30, add some water. On the contrary, if it gives 20 or 22°, put sugar or longer cook.

THE LARGER CAKES

Muslin brioche (6 persons). — Weigh 11 ozs brioche paste which is put on a lightly floured marble, where it is rolled with the two hands, but not pressing too much, for making a well tight and round ball.

Butter a charlotte moulds with right sides, not widened, and put the ball of paste. This must garnish the half-mould. Place the mould in a moderate heat and let the paste rise to twice its size. Then paste with beaten egg a slice of white buttered paper around the mould and exceeding this from about 2 inches, then glaze the top of paste with beaten egg and cook in hot oven.

When the top of brioche is somewhat coloured, it is covered with a thick paper and baked during about 25 minutes.

In order to ascertain a perfect cooking, pick a needle (for picking or trussing) in the middle of brioche, when it becomes dry the brioche is baked. This method of control is used for ascertaining the baking of all cakes in general. It is stated once for all. (See illustration, page 507.)

Brioche with head (6 persons). — Weigh 11 ozs brioche paste on which a piece of about 3 ozs is cut, roll the remnant in ball as stated for brioche muslin and put this paste in a special mould with large ribs, then with the piece of reserved paste make a ball which is rolled in a point on one side to make the form of a pear and enter it as far as possible in the center of the great ball of paste.

During about 20 to 30 minutes, let the brioche rise in a warm place and glaze the top with beaten egg, then with the point of a small knife put through the brioche, cut it in 4 or 5 places around the head, without touching this one. This operation is necessary for separating the head during the cooking, this is called "chiqueter" the brioche. Bake it in very hot oven during 30 to 35 minutes and cover it also with a paper if necessary. (See illustration, page 507.)

Brioche in crown (6 persons). — Weigh 1/2 lb. brioche paste which is rolled in hard ball, make with the finger a hole in center, put a pinch of flour and enlarge this hole. When the hand can be put, it is enlarged in turning the paste between the fingers, very regularly for keeping an equal thickness in all parts. When the crown is well made and possesses the size of a small pastry roller, put it on a buttered plate iron on which it continues to be formed. Let it rise in a warm place during 1/4 hour, glaze it with egg, then with the wet scissors make cuttings in form of teeth in middle of the thickness of paste on all its circlet.

Bake it in very hot oven during about $1\frac{1}{4}$ hour. A warmer oven is necessary than for other sorts of brioches. (See illustration, page 507.)

Savarin with rum. — Garnish in less than half its height a savarin mould (which is buttered in advance with cream butter) with savarin paste. Let it rise in sweet heat until that paste reaches borders of mould, put in very hot oven for stopping immediately the rising of paste; take the same care as for the brioche in order to prevent an excess of coloration. About 20 minutes are necessary for the baking and when baked demould the savarin in putting a small knife around, this paste being somewhat difficult to demould. (See illustration, page 509.)

Baba with rum. — Garnish in less than half with baba paste a mould with great ribs and with a central pipe which is buttered in the same way as for savarin mould. Let it rise in well sweet heat until the borders and put in very hot oven at the beginning of baking, then when the cake is coloured in the top, moderate the fire for terminating the baking which needs about 35 to 40 minutes.

Demould it with care, the raisins make this cake more adherent than the savarin. It happens that the baba cannot be demoulded whatever are the efforts. In this case, entirely cover the mould with 1 or 2 towels and let them during 7 or 8 minutes. The vapour coming from the cake softens a little the outside and eases the demoulding; this is used with success.

For the soaking of babas, same proceeding as for the savarin. Soak them when demoulded, while they are warm, in the boiling syrup.

Glazed baba. — For serving a glazed baba, put it on a grill when soaked, then, when it is well dropped, put upon a somewhat warm melting, not too thick, with same perfume as cake.

The Marignan. — Garnish in half a buttered "manqué" mould (form of moka) with savarin paste, let it rise and bake 10 to 12 minutes in hot oven. Soak it and keep on the top $1\frac{1}{2}$ inch in thickness (when we say the top of cake it is in reality the bottom as it is returned when baked). Garnish the top with vanilled italian meringue or with St. Honoré cream, but in the way that after putting over the removed part, separated in two, the cake has the appearance of a basket of which the two sides of cover would be risen in order to press upon the meringue. The handle of basket will be made with a branch of candied angelica. Put a little apricot marmelade on the cover for making them brilliant.

The Manon. — Cook the savarin paste in a timbale mould following the same recipes; only fill at the third and let it rise before cooking. Hot oven during 15 to 20 minutes; when the cake will be somewhat cold cut it transversally in five parts, impregnate them lightly with pure kirsch, reconstitute the cake in putting vanilla pastry cream on one slice, chocolate cream on the other and continue for making two couches of vanilla and two of chocolate, nothing on the top. Cover all the cake with reduced apricot and filleted and grilled almonds.

Powder with glaze sugar.



Fig. 316. — Tart of grilled apples (see page 533).

Fig. 317. — Apple tart "à l'Anglaise" (see page 533).



Fig. 318. — Sans-Gêne cake (see page 549). — Fig. 319. — Petit-Duc cake (see page 543).



Fig. 320. — Lutetia cake (see page 550). — Fig. 321. — Milk flan (see page 536).



Fig. 322. — Moka cake (see page 538). — Fig. 323. — Chocolatine cake (see page 543).



Fig. 324. — Orange Muslin cake (see page 538).

Fig. 325. — Mascotte cake (see page 547).



Fig. 326. — Saint-Louis cake, with cocoa nut (see page 552).

Fig. 327 — Meringued flan (see page 534).



Fig. 328. — Exotique cake (see page 552).

Savarin Montmorency. — Make a savarin according to the indicated recipe and soak it in a kirsch syrup. Put it on a round dish, somewhat hollow and fill the center with a cherrie marmelade mixed with their cooking syrup, thickened with some fecula and perfumed with kirsch. Serve it lukewarm.

Savarin Chantilly. — Same savarin with kirsch or rhum of which the inside is filled with Chantilly cream in which, when the season, some wood-strawberries are mixed. This cake is served cold.

Cake "Le Surcoul." — Bake in very hot oven 5 ozs savarin paste, arranged in a "manqué" mould. After baking, soak this cake in a syrup of almonds milk, perfumed with kirsch. Glaze the top and principally around with very reduced apricots marmelade and sprinkle around some pralined almonds.

On the top of cake, put a dôme of nut-cream. Sprinkle also some pralined almonds, burn with red iron around this cream. Decorate the top of cake with a piece of candied fruit.

Gâteau Kugelhopf. — Arrange this cake in special mould of varnished earthenware which are ribbed and have a central pipe. Butter them and put in bottom of each side a Malaga raisin or half an almond. Put the Kugelhopf paste which must garnish them in half. Let it rise in a warm place as for a baba and bake it during about 40 minutes in very hot oven, as the heat does not enter easily in an earthenware dish.

This cake, coming from Alsace, is served as it is. (See illustration, page 508.)

"Gâteau des Rois" of Bordeaux. — Take the paste shown in Paste chapter, roll it with the two hands on the table and make a well hard ball. Pick in the middle the floured finger. Enlarge the opening for obtaining a well opened crown. Put then on the plate-iron and let it rise. Pass upon a brush soaked in well sugared water of orange-flowers. Put around some thin slices of candied cedrate, sprinkle some crystallised sugar and bake 22 to 25 minutes in hot oven.

Modane loaf. — Make a brioche paste with 1/2 lb. flour, 3 table spoonful (not too full) sugar, 3 ozs butter, 1/3 oz. yeast, 2 eggs, salt, zest of lemon and some water for making the "leaven."

Take the paste, let it rise, mix 5 ozs candied fruits cut in small dice with a great quantity of Smyrna raisins. Let it rise during the night in a cool place, make an oval loaf on the plate iron and let it rise before baking. Spread over a small mixture made with 2 ozs glaze sugar and 2 ozs powder of almonds mixed with half a white of egg. Cut in the middle as a loaf and bake 40 minutes in moderate oven.

The "Strouddel" (Austrian cake). — This delicious cake wants a special ability of hand for spreading the paste and thinning it.

Prepare the following paste: 1/2 lb. flour, 1 1/2 oz. butter, half a spoonful sugar, 1 egg, 1/3 oz. yeast, salt, milk and warm water. Soft paste.

Proceed as for the brioche and keep the paste 20 minutes under a terrine or a returned warm casserole.

During the time, grill in butter a handful bread crumb, mince apples and cook them in butter without crushing them, prepare a handful dry Coriathan or Smyrna raisins. Spread the paste as thin as a paper sheet (this is here the difficulty). After it has been rolled, slide the two hands under the paste, it is placed on the top of hands and it is with small chocks in separating the hands at the same time, that the paste can be rendered thin, without damage and that a large square is made. As the borders remain thicker, cut them with scissors. Put the sheet of paste of an expanded and floured apron. Spread upon the apples, raisins, sugar in sufficient quantity, powder of cinnamon, grilled bread and sprinkle with melted butter.

Rise the top of apron with the two hands, the paste is rolled on itself, enclosing the garnishing. This forms a great roller which is put on a plate-iron. Sprinkle it with butter and bake it 25 to 40 minutes in hot oven. Cut it then in slices.

This cake can be garnished with cherries, prunes, pears, etc..., it is better when lukewarm.

With borders of paste which have been cut, make small Viennese cakes (see chapter of small cakes). Spread this paste, enclose therein a piece of butter, about 3 ozs and give 3 or 4 turns as for puff-paste.

The " Stollés " of Dresde, Christmas cake (German). — Make two cakes of about 2 lbs each. Proportions : 2 lbs meal-flour, 300 gr. butter, 11 ozs mixed dry raisins, 4 ozs cedrate or candied orange bark, 7 ozs sugar, 3 ozs yeast, 2 1/2 ozs chopped almonds, 4 or 5 bitter almonds, salt, cinnamon, rasped nutmeg (a small pinch) 7/8 pint milk.

Make the paste in advance as for the brioche, beat it, separate it in two parts and roll it in form of loafs, put on a plate-iron, let it rise slowly during 1 hour, wet it with milk and bake in moderate oven during 3/4 hour. When removed from oven, brush with butter, powder with glaze sugar and only eat them 48 hours after the cooking.

Stollés with almonds. — Prepare the same paste, increasing the quantity of finely chopped almonds, put 5 ozs instead of 2 ozs and add vanilla and zest of lemon.

Fopf Kuchen (German cake). — For a cake for 8 to 10 persons, 1/4 lb. sugar, 5 ozs butter, 1/2 lb. flour, 2 ozs Corynthan raisins, 2 ozs Malaga raisins without pips, zest of lemon, half a packet yeast powder, 4 eggs, half a coffee cupful milk.

Soft the butter and beat it with the sugar, add the 4 eggs one by one (of which the whites are beaten in snow) then the milk, mix the flour to which the yeast is added and terminate with the raisins, the zest and at last whites in snow.

Place it in a buttered mould and powder with chopped almonds. Bake it in moderate oven during 45 to 50 minutes. This is like a plum-cake, but lighter.

The Flamiche (Belgian pastry). — Finely crush in a basin 1/2 lb. fat cheese, somewhat salted, with 1/2 lb. fine butter. When a smooth paste is obtained, mix 3 whole eggs, one after the other, and work well the paste with a whip and then add half a coffee cupful cold milk, a fluid cream will be obtained to which 1 1/2 lb. flour are added until it is somewhat compact and that the paste is well smooth, having the consistency of a brioche paste. Let stand the paste during 1 hour, then roll it with the hand in form of big sausage which is cut in somewhat thick galettes about 2 inches diameter. Put them on a buttered sheet of paper and bake these galettes in a moderate oven during 15 to 18 minutes. These galettes are served warm, in preference.

The Cramique (Belgian cake). — Put 2 ozs flour in a basin with in the middle 1/3 oz. yeast and a cupful warm milk mix the yeast and the flour for making a soft paste, then cover the leaven with 7 ozs flour. Keep in warm and when the flour is risen up and cracked, put 2 egg yolks, a spoonful sugar, a little salt and 2 ozs melted butter. Work the paste until it does not paste to the finger and let it stand 1 hour in a warm place, mix then about 3 ozs. Smyrna or Corynthan raisins, put in a buttered mould garnished in half, let it rise, wet the surface with milk and bake in hot oven during 35 to 40 minutes.

The Sans-Façon. — This cake is rapidly made and can be kept for several days. Beat together 5 ozs crystallised sugar and 2 whole eggs during 10 minutes, add a juice and zest of orange or lemon, finely rasped. When the paste is well whipped, mix with spatula 7 ozs flour in which a packet of powder yeast is added. Bake in moderate oven during 35 minutes and serve as it is the following day.

The Bon-Accueil. — Exquisite home cake of good keeping.

Put in a basin 1/4 lb. semolina sugar, 2 egg yolks, a tea cupful cream of boiled milk (i. e. the thick skin formed on the milk when cold). Work it during a long time with a perfume (vanilla, orange-flower etc...), then add 1/4 lb. flour and a packet of yeast, powder then 2 whites of eggs in firm snow. Bake in a "manqué" mould, buttered and floured, in a moderate oven during 30 to 35 minutes.

Cake Quatre-Quarts. — Put on a balance 2 big eggs or 3 small, and successively on the other side : sugar, flour and butter, in order to have the identical weight for the four ingredients composing this cake.

There exist two proceedings : the paste can absolutely be made as for Madeleine paste, it is then lighter.

In our opinion, if a good oven is at disposal, the second method is better. It is as follows :

Put the butter in a basin and lightly soft it for making a cream. Whip it in putting first the sugar with some vanilla, then the eggs, one by one and not too quickly, then the flour at the last and a coffee spoonful powder of yeast. Bake it in a buttered and floured mould during 35 minutes in moderate oven. Perfume at will.

Puff-paste cakes

Almonds cake, called Pithiviers (8 persons). — Take a piece of puff-paste, large as the hand and roll it in ball, not manipulating it too much. Roll it for making a round galette having about $1 \frac{2}{3}$ inch in thickness, put this round of paste on a plate-iron and garnish the middle with an almonds cream of Pithiviers which is spread over and wet the round with a brush soaked in water. Recover all with another galette of puff-paste prepared in the same way, but twice thicker. With a circlet of tart, cut very regularly this cake for keeping it well round with a border of $1 \frac{1}{4}$ inch in excess than the part garnished with cream.

Press with the fingers all around, on the borders, attach well the two rounds of paste, then make small marks with the back of knife on the cake, in thickness, all around, without cutting it. Glaze with beaten egg on the top which is striped with the point of knife for making a rose, then pick the cake with the knife at 5 or 6 places and bake in very hot oven, principally in the bottom during 20 to 30 minutes.

5 minutes before complete baking, powder with glaze sugar and terminate to bake without covering in order that the sugar is caramelised on the top and gives to the cake a nice brilliant aspect. (See illustration, page 508.)

Pralined Pithiviers cake. — Instead of serving the cake as it is, it can be presented in another way, in putting over, when cooked, a royal pralined glaze instead of powdering it with sugar. Spread a somewhat thin couch on the top, put some minutes in oven for crouting this glaze, but this must be surveyed as it very quickly burns.

Remark. — This method can be used if for instance the top of cake is burnt. Brush the burnt croûte and put a couch of royal glaze which gives to the cake a sort of charm for the view and taste.

Champigny cake. — Exactly proceed as for the almonds cake but garnish it with apricots jam and cut it in squares instead of rounds. Make dents around the cake in cutting the paste, glaze it and strip the top and bake in hot oven during 25 to 30 minutes. Powder with sugar when it is cooked, but not glaze in oven. (See illustration, page 508.)

Artois cake. — Spread a piece of remnants of puff-paste for making a long slide of about 10 inches large from 4 inches and thick of $\frac{1}{8}$ inch.

Put this slide on a plate-iron, wet the round with some water and garnish the middle either with pastry cream, either with ham, either with apple marmelade, etc. cover with a second slide of puff-paste more thick than the first and cut regularly the borders, glaze and strip the cake which is cooked as the Pithiviers. This cake can be served in whole or cut in pieces, large as two fingers, under forms of small cakes. It is presented in this way in the pastry-shops.

Jalousie cake. — Proceed in the same way as for the Artois cake, and garnish it with a jelly of currants and in the middle make small cuttings going to the borders and not larger as noodles. Cover and regularize this cake as

above, glaze it and bake it in hot oven during 20 minutes. When it is cooked, brush it with apricot marmelade or currants jelly and adhere on the borders all around chopped almonds or crystallized sugar. It can also be served when cut, but only when cold.

Millefeuille cake. — Spread a puff paste of $\frac{1}{8}$ inch in thickness and with a circlet of tart, cut 5 or 6 rounds the middle of which is removed with the cutting-paste in order to have crowns which are put on the plate-iron. Pick them and bake them in very hot oven without glazing them. Make also another round of same paste, but greater, about 3 inches and the middle of which is not cut. Also bake in hot oven. When all is baked and cold, put the crowns of puff-paste one over the other with jam between them and clean the round in order it is well right. Cover with very reduced apricots marmelade and arrange definitively the cake on the greater galett of paste which is the bottom and which is also covered with apricot marmelade. Spread upon and around the millefeuille a garnishing composed of small details of puff-paste, or with candied fruits or almonds, i. e. the indispensable garnishing as it has no rule.

At the time of serving, garnish this cake with jams or any cream, but the more convenient is the Chantilly cream mixed with wood-strawberries or with pieces of glazed chest nuts, according to the season.

Mikado cake. — Make round slices of puff-paste as for the millefeuille, but let them full; 5 are necessary. Pick them and bake them in hot oven. When cold, put them one over the other with a purée of bananas with kirsch. This purée is put raw but the cake is to be eaten fresh as it is the rule for all puff-cake. When it is well arranged, clean around and glaze with apricot marmelade very reduced and forming a jelly. Spread upon some chopped and grilled almonds and decorate with rounds of bananas, sprinkle over some rasped cocoanut.

Chaussons with apples. — Spread a well round galette of $\frac{1}{4}$ inch in thickness, made with a piece of puff-paste or simply remnants of puff-paste, weight of about 14 ozs. Wet the round with some water, garnish the middle with apple prepared in advance, as it is stated hereunder. Ploy the paste on one side upon the garnishing and attach well the two borders, somewhat retruss the border in order to form a border and avoid that the cake is opened during the cooking. Glaze, strip and pick the cake in 4 or 5 places and bake it in somewhat hot oven during not quite $\frac{1}{2}$ hour. Glaze in oven as for the Pithiviers and serve it lukewarm in preference. (See illustration, page 508.)

Dressing of apples for the chausson. — The best method is to peel and finely mince 1 lb. melting apples, then in a pan, strongly warm them with a piece of butter in size of an egg, toss the apples during some minutes simply for tendering them and begin the cooking. Put them on a dish, sugar them according to taste, put a little vanilla rhum or cognac and this stranger thing : a small pinch of ground pepper. Let the apples get cold before garnishing the chausson.

This method for preparing the apples is better for much garnishing the chausson. In fact, when the apples are put when raw, they are compressed and the chausson is hollow. For the small chaussons, a marmelade of apples is better. Only garnish the "chaussons" when apple is cold.

Homely "Galette des Rois." — With puff-paste, make without too much manipulation, a round ball which is spread in all senses with the roller for keeping a well round form and a thickness of about $\frac{2}{3}$ inch. Introduce the bean, make a cutting in a place of paste in the border and on the side which will be the bottom, then introduce the bean or a "baigneur" which is well closed in the paste, then with the inclined knife make light cutting around in the thickness of galette and return it on the pastry plate-iron. Glaze and strip the top, which is picked and baked in well hot oven during 20 to 25 minutes.

Nota. — A galette can also be made with remnants of puff-paste which is rolled in ball and manipulated a moment in order to be not too puffy.

TARTS OR FLANS

How to put the paste in a tart circlet. — The tarts are made in circlets and not in sorts of hollow plate-irons which are unfortunately found in numerous kitchens. These plate-irons are very thin and are gondolated at the heat of oven; consequently the tart is difficultly removed and it happens that you are obliged to serve it in its mould, which has many inconvenients. A circlet is easily removed, and the tart is therefore put on a grill on which, when getting cold, it becomes more crusty.

Let stand the short-paste, make about $\frac{1}{7}$ inch in thickness according to the size of tart. Put buttered tart circlet, which is well adherant with the thumb, lightly press the border in order to make a small border of paste which is inside of the circlet. Pass the roller upon for cutting the paste exceeding borders of circlet. Rise these small borders, pinching the paste between the thumb and forefinger and regularly at $\frac{1}{5}$ inch of the top of circlet. With the pinching-paste, pinch the round which is called the "comb of tart." Then put the tart on a plate-iron. Pick the top with the point of a knife. (See fig. 81, page 56.)

This is the method to put the paste in all tarts. Keep the paste thicker for large tarts.

Apples tart "à l'Anglaise." — The circlet holding the paste, garnish it in half with sugared, vanilled marmelade of apples, principally when cold. Regularly spread this marmelade on which are ranged, for entirely covering it, small slices of raw apples; cut very thin in "half-moons" and overlapping ones over the others. Bake in very hot oven during 20 to 25 minutes, put on the top a light couch of apricots marmelade mixed with a little water or even powder it when removed from oven with a good couch of powder of sugar, strongly vanilled. (See illustration, page 523.)

Tart with grilled apples. — Put the paste in a circlet without making a "comb" (cut the paste at the edge of mould). Entirely fill it with cold apples marmelade and put upon, in order to cover it entirely, small slices of short-paste, cut as noodles. Put these slices on the tart at $\frac{1}{5}$ inch distance ones from the others and press on each side with the two thumbs for cutting the exceeding part. When the tart is covered with a first range of these slices, wet them and put a second range, in oblique in comparison with the first range. Glaze the top in the sense of the slices and bake them in hot oven during 20 to 25 minutes. Brush with currant jelly at the removing of oven. This give a nice brilliant. (See illustration, page 523.)

Tart with meringued apples. — Exactly garnish as for grilled tart, but without putting slices upon. Same baking. When baked, spread upon a good layer of swiss meringue, smooth it well and decorate with meringue put in a cornet paper, according to taste. Powder with glaze sugar and put in oven during a few minutes (very moderate oven) for poaching and crouting this meringue. Garnish with jelly, currants or apricots. (See illustration, page 526.)

Apples tart "à la Meusienne." — Make a flan with Frangipan, e. i. in a circlet garnished with paste and without "comb", put a thick couch of Frangipan or pastry cream, cooked in advance and cold. Put over slices of short paste of $\frac{1}{5}$ inch large, first in the sense shown for tart with grilled apples, but separating them enough for putting between each slice a plum, a mirabelle or a small black plum, stoned and raw. Bake in hot oven underneath, the plums are exceeding over half the top of paste.

Tart or American flan. — No mould, nor circlet. Spread the paste in a thick square, well regularize it, relieve all the round for making a somewhat thick border, size of forefinger. Pinch with pinching-paste, pick the paste and garnish with thin slices of apples placed by ranges and overlapping ones upon the others. Bake in hot oven and cover with apricot at the removing of oven.

A light couch of apples marmelade can be put in the bottom under the slices.

Alsatian tart. — Garnish the mould with the special risen paste (see pastes). Put upon thick slices of melting apples, powder the top with a mixture of sugar, almonds and cinnamon in powder. Put some hazels of butter and bake in somewhat hot oven during a good half hour.

Tart or apples flan "à la Condé." — Proceed as stated for the tart with grilled apples, but instead of covering the top with small slices, cover it with a very thin sheet of paste which is attached with some water on the tart borders. When the flan is baked, recover the top with a thin couch of mixture "à Condé" (see mixtures); powder with glaze sugar and put in slow oven during a few minutes for drying this croûte without colouring it. This cake can be served lightly lukewarm.

Cherries tart. — Proceed as for tart "à l'Anglaise." Pick the bottom and put some sugar in powder. Garnish the tart with cherries, sour in preference and stoned. Press them well. (Place in bottom the hole where the stone has been removed.) Bake in hot oven and powder with vanilled sugar or nap with currant jelly. (See illustration, page 507.)

Preserved cherries can be used in the same way.

Cherries tart "à la Lorraine." — Garnish a circlet with fine short paste or remnants of puff-paste. Fill with stoned cherries, cooked in advance in syrup, dropped and cold. Do not press them too much in the tart and pour upon a cream made with 3 egg yolks mixed with 4 ozs vanilled sugar and $\frac{1}{2}$ pint cold milk.

Do not cook this cream, pour it on a tart which is placed in the oven. (In order not to effect transport of liquid cream which would exceed the borders at the smaller shock.) Bake in hot oven.

Apricot tart. — Same proportions and same proceeding as above. Garnish the tart with half-apricots lightly flattened, overlapping ones over the others. Bake in hot oven and nap with apricots marmelade. (See illustration, page 507.)

Tart with quetsches. — Same proceeding as for apricot tart but nap with currant jelly.

Tart with greengage plums. — Same proceeding as for tart with apricots. All plums tarts are made in this way. When the plums are small they are left in whole. According to their colour, nap them when cooked with currant or apricot jelly.

Tart with mirabelles, plums, prunes, peaches, etc., etc. — Proceed in the same way as for apricot tart. Apricots on the top after baking.

Prune tart. — In winter, very good tarts are made with prunes. Bake in advance the prunes, stone them. Garnish them as for apricot tart. Bake them in hot oven and then nap with a currant jelly or apricot marmelade. Do not sugar the prunes for cooking them.

Home tart. — Under this name, tarts made with half puff paste, without mould are meant. Make thick slices of paste of $\frac{1}{5}$ inch long as the plate-iron and large as the hand when terminated, i. e. 6 inches large first, retruss the round for making a somewhat large border, which brings it to 4 inches large.

Put this slice or these slices on the plate-iron, pick the bottom and garnish with well pressed fruits. Slices of apples can be put, not too thin with or without marmelade in the bottom or put cherries or other fruits (except strawberries) raw or preserved.

Bake in well hot oven, glaze the top with currant or apricot according to nature of fruits, and with the given observations.

Strawberries tart. — Garnish a circlet of short paste or sugared paste. Pick the bottom and garnish the tart with a sheet of silk paper, then fill it either with rice, lentils or split peas, in order it is not deformed when it is baked. Bake the paste in very hot oven during about 20 minutes, empty it and when it is cold put therein the strawberries. Nap with currant jelly diluted with some water.

Nota. — Do not garnish too long in advance the strawberries tart, as the paste would distemper.

Generally all tarts are cooked paste and fruit together, even if there are preserved fruits. The strawberries tart is an exception and also the peach tart "à la Napolitaine."

Pears tart. — Garnish a circlet with short paste, as for an ordinary tart. Pick the bottom and garnish in half with apples marmelade, lightly incrust in this marmelade poached pears in syrup or in sugared red wine.

These pears are put over the marmelade either in whole if they are small or in halves or in quarters. Bake in hot oven and brush then with currant jelly; the pears must be reddened by the baking. (See illustration, page 510.)

Rhubarb tart. — Garnish the tart as usually, put side by side the pieces of rhubarb, well peeled not quite 1 inch in thickness; this rhubarb has macerated during 1 hour with a good proportion of sugar in powder, well drop it before garnishing the tart, bake it in very hot oven and cover it then with apricot marmelade.

Flan with milk. — Garnish a tart circlet with short paste as for cherries tart, pick it and fill it with a mixture composed of 4 egg yolks beaten with 4 ozs vanilled sugar and on which 1 1/2 tea cupful cold milk are poured. Strain the preparation through chinese tammy for eliminating the germs of white egg and add 2 table spoonful melted butter. Fill the tart more than 3/4, put in oven with cares in order that the liquid does not flow, which would not facilitate the cooking. Bake in somewhat hot oven during 25 minutes and serve in preference a little lukewarm. (See illustration, page 524.)

Ordinary milk flan. — This flan is found in the fair or public feasts. Without being so delicate as the above, it has its amateurs and we think it good to give here its recipe.

In a garnished tart circlet pour a mixture composed of 2 whole eggs, 4 ozs vanilled sugar, 2 ozs flour and 1 1/2 tea cupful cold milk. Baking as it is stated.

Alsation milk flan. — Same proceeding as above, but garnish the bottom of tart with small thin quarters of melting apples, lightly melted with butter. Cream and baking do not vary from the preceeding recipe.

Cadoret flan. — 5 ozs flour, 4 ozs sugar, 3 whole eggs and 1 1/2 tea cupful. Mix all in order to have no clots. Perfume with water of orange-flower and pour this mixture in a mould, bake in hot oven. Dry raisins, without pips, can be added. There is no paste around.

Flan "à l'Andalouse." — With short-paste garnish a flan circlet, which is picked and garnished with orange-pastry cream, strongly aromatized. Bake in hot oven. When cold, glaze the top with a melting of orange and decorate with details of candied orange peel.

Flan with Frangipan. — Garnish a circlet with short paste. Garnish it with a frangipan cream (see creams) in which a handful almonds powder has been added. Put on the top small motives of paste, either ribber slices placed in spiral or small croisants and bake in hot oven.

Flan "à la Bourdaloue." — Same proceeding as for flan with frangipan, but with a Bourdaloue cream. When cold, glaze the top with a kirsch melting.

Fruit flan "à la Bourdaloue." — Very different hour the above recipe, this flan constitutes nearly an "entremets." Garnish a circlet with sugared paste, as for strawberries tarts. Empty it before complete baking and bake

it again during 5 minutes. Let it get cold and fill this croute with Bourdaloue cream arranged somewhat in *dôme*. Put upon the desired fruit : peach, apricots, separated in two parts, pears, apples cut in slices, etc... The fruits are previously cooked in syrup. Nap all with apricot marmelade with kirsch and sprinkle upon a pinch of grilled almonds in powder.

Lintzer-tart (Viennese pastry). — Proportions : 5 ozs flour, 3 ozs almonds in powder, 2 ozs butter, 2 1/2 ozs sugar, 1 egg, cinnamon, zest of lemon for perfuming, pinch of salt.

Put the flour in fountain with sugar, butter, egg and almonds which are rasped or crushed without cleaning them. Mix all as for short paste and let it stand during 2 hours. Make a paste of 1/5 inch in thickness, garnish a buttered tart circlet, letting this paste exceed. Put on a plate iron and pick the bottom, garnish the tart with a marmelade of raspberries, well cold. Spread the remnants of paste, cut it in laces large as the finger and put 4 or 5 on the tart. Put upon the first laces others in oblique for making the "croisillons." Wet the top and put a last slice making the round of circlet. Bake in moderate oven during 25 minutes. Do not demould until cold, as this paste which is very sandy, is fragile when warm.

A raspberry marmelade is necessary and not a jelly. (See illustration, page 509.)

Pumpkin tart (American cake). — This is an american cake of which dressing is somewhat strange.

Cook 11 ozs pumpkin with some water, drop and press in a linen for removing all the water. Strain through sieve and mix this purée with twice its volume of thick Béchamel, sugared (proportions : 4 ozs sugar for 1/2 pint). Boil all during 5 minutes and remove this cream from fire, mix 3 whole eggs, a good pinch of cinnamon in powder, some powder of ginger and a liquor glassful rum. Pour this cream in a mould garnished with fine short-paste, picked in the bottom. Bake in well hot oven, principally underneath. Powder with sugar and cinnamon and serve.

Gooseberry tart. — Cook the tart as for strawberries, i. e. with dry vegetables. Cook further the gooseberries in a vanilled syrup, drop them and strongly reduce the syrup. Garnish the croute with these gooseberries, nap with their reduced syrup and sprinkle upon some crystallised sugar or brown sugar.

Tart "à la Chevreuse." — Same way as tart or flan "à la Batelière" (1). Variations can be made, rice can be replaced by cooked semolina, cooked in milk in proportion of 4 ozs semolina and 4 ozs sugar for 7/8 pint milk; this is more quickly cooked than rice, mix with 2 egg yolks and add the 2 whites in snow, instead of burning the top with a red iron, decorate with candied fruits, carefully put.

(1) See croûte "à la Batelière" page 639.

CAKES WITH BISCUIT PASTE

Savoy biscuit. — Butter a mould of high form, powder it with fecula, garnish it only on 3/4th with the paste shown in paste chapter and bake in regular oven and moderate heat. No stop in the baking and this during about 50 minutes.

Orange muslin cake. — Proportions : 1/4 lb. powder of sugar, 2 ozs flour, 2 ozs potatoes fecula, 4 egg yolks, 3 whites in snow, zest of orange.

Put the sugar in a basin with rasped orange zest, add the egg yolks and work all with spatula until the paste is creamy and white. Then pour some drops of carmine for giving a rosy tint. Delicately mix the sift flours at the same time than the whites in snow. The mixture is operated with care for not keeping to this muslin biscuit its characteristic lightness. Bake it in sweet oven in a buttered and floured "manqué" mould during about 40 minutes. When it is cold, glaze it with orange-melting and decorate the top with small motives of candied orange peel. (See illustration, page 525.)

Hazel muslin cake. — Same proportions and proceeding as above, suppressing the orange and adding 1 1/2 oz. powder of hazels, lightly grilled. When it is baked, this cake is not glazed with melting, it is strongly powdered with glaze sugar on the top and around.

It is served for the tea or for accompanying a cream or an ice cream.

Mandarin muslin cake. — Same cake as orange muslin cake, replacing the oranges by mandarin-oranges.

Manqué cake. — With the preparation of butter biscuit in which 3 ozs almonds in powder are added, fill a buttered and floured "manqué" mould. Bake it in moderate oven during 35 to 40 minutes. When the cake is cold, cover it entirely and around with a preparation composed of a small white of egg mixed with 4 ozs. Glaze sugar and 2 ozs almonds in powder, well dry. This mixture makes a sort of soft paste, not too liquid. Place half a candied "chinese," powder all with glaze sugar and croute in sweet oven. (See illustration, page 540.)

Moka cake. — Prepare a butter biscuit which is baked in a round mould, smooth, called "manqué" mould. This mould is buttered, floured and filled with paste until 1/5 inch from the border. Bake it from 35 to 40 minutes in very moderate oven, demould and let it get cold. During this time, prepare a butter moka cream and when the biscuit is well cold, cut it in 2 or 3 slices, put between each a small couch of cream. Reconstituted, the cake is covered



Fig. 329. — Guayaquil cake (see page 564).
 Fig. 330. — Complete bread cake (see page 544).



Fig. 331. — Progrès cake (see page 561).
 Fig. 332. — Valencia cake (see page 543).



Fig. 333. — Glazed Geneose cake (see page 547).
Fig. 334. — Manqué cake (see page 538). — Fig. 335. — Mexicain cake (see page 544).



Fig. 336. — Christmas log cake (see page 543).



Fig. 337. — Flemish cake (see page 559).



Fig. 338. — Regent cake (see page 548).



Fig. 339. — Alcazar cake (see page 560). — Fig. 340. — Pierrette cake (see page 545).



Fig. 341. — Rose-Marie cake (see page 544). — Fig. 342. — Cake "La Semeuse" (see page 545).

on the top and around with some cream for masking the biscuit. Put crystallised sugar on borders of this cake and decorate the top with remnants of cream with the forcing-bag and a very fine fancy-pipe.

Remark. — This cake is a model for all cakes garnished with butter cream. In varying the perfumes, very different cakes can be obtained. The decoration with forcing-bag constitutes the greatest difficulty, but after some experiments in making easy sketches : draught-board, squares, small, choux, etc... a very presentable cake is obtained. With 5 varied fancy-pipes, all which is shown in this book can be made. Do not fill the forcing-bag too much and well press the top between the thumb and forefinger in order to avoid that the cream (or the paste) comes from the top. (See illustration, page 525.)

Chocolatine cake. — Exactly proceed as for the moka, replacing the coffee-cream by chocolate cream and the crystallised sugar by chopped and grilled almonds. See illustration, page 525.)

"Petit-Duc" cake. — Prepare a fine butter biscuit and add further 1 lb., 5 ozs powder of grilled hazels. Bake it in oven in a "manqué" mould during 35 minutes. When it is cold, separate it and stuff it with a hazel butter cream, reconstitute it and cover it on the top and around with the same cream. Put upon and around small galettes made with same paste and in the same way as the small cornets of "Sans-Gêne" cake. Make the galettes smaller and well round, let them get cold when flat instead of rolling them in cornet. When the cake is decorated with these small galettes, place with the forcing-bag some hazel butter cream between each galette for filling the holes. (See illustration, page 524.)

"Valencia" cake. — Paste for orange muslin cake. Garnish in half a square mould, sprinkle upon 3 ozs candied orange peel, cut in dice and macerates in curaçao or rum. Recover with remnants of paste in order that the mould is full and bake in very moderate oven during 45 minutes. Let it get cold, cut it in two parts and stuff with a salpicon or candied orange peel, cut in dice, macerated in rum and mixed with 2 spoonful apricot marmelade. Cover the cake with this reduced marmelade, glaze the middle part with a melting of rum coloured with yellow-lemon, making a slice of $\frac{1}{3}$ rd in large of the cake. Glaze the two sides of this slice with a perfumed and coloured orange melting. Decorate with candied orange peel. (See illustration, page 539.)

Christmas-Log. — Prepare a rolled biscuit. Spread it on a plate iron garnished with a buttered paper of $\frac{1}{5}$ inch in thickness, very regularly. Bake in very hot oven for not drying it. If it would get dry the biscuit could not be rolled without breaking. When baked (8 to 10 minutes) return the plate iron on a marble and let it get cold. When cold, remove plate-iron and paper and cover with a couch of coffee-butter cream. Roll it on itself giving the form of a roller of the size of wrist. Cut the two ends in oblique, mask the section with coffee-butter cream. Then with chocolate-butter cream, placed in a forcing-bag garnished with a fine ribbed fancy-pipe, make cream fillet pressed ones against the other and in order to have imitation of bark. Some

joint or cut branches can be imitated in putting from place to place 2 or 3 pieces of biscuit, large as the thumb and which are masked with chocolate cream.

It is before advisable, terminating to cover the log with chocolate cream, to place it on a slice of sugared paste of form and size proportionnated to the log and baked in advance. The cake is then better presented. (See illustration page 540.)

Complete bread cake. — Proportions : 3 ozs sugar, 1 1/2 oz. almonds in powder, 1 1/2 oz. fecula, 1 table spoonful flour, 4 egg yolks, 3 1/2 whites in snow, vanilla.

Work with spatula in a terrine the sugar, the 4 egg yolks and a pinch vanilla. When it is well beaten, mix the almonds which are reduced in powder without cleaning. Add the flour and fecula and the whites of eggs in snow. Delicately mix all for making a light paste. On the buttered and floured plate-iron, arrange the paste in form of a great ball with a forcing-bag, without pipe. Strongly powder the top with a mixing of glaze sugar and fecula, with the top of a knife, strongly press for making a checkering. Bake 30 to 35 minutes in moderate oven. After coolness, cut this cake in two slices and stuff it with pralined-butter cream, keeping its bombed form.

This cake is a perfect imitation of complete bread. It can also be served without being stuffed. (See illustration, page 539.)

Mexican cake. — 1/4 lb. sugar in powder, 3 table spoonful (very full) flour, 3 ozs butter, 1 1/4 oz. cacao in powder, 4 whole eggs and 1 egg yolk.

Work the paste as for a biscuit, yellow and sugar together in a basin, add then the cacao, flour and the whites in snow at the same time, then in last moment, the melted butter. Bake the paste in a "manqué" mould, buttered and floured, in very moderate oven during about 40 minutes. When cold, cut it in two parts and garnish it with a chocolate butter cream. Reconstitute it and cover it with a reduced apricot marmelade; then glaze with a chocolate melting.

When it is cold, make on the top of cake, in long, parallel and fine lines with royal glaze placed in a cornet of strong paper. When this is made, put the point of a knife across these lines, from distance to distance, in one sense and in the other and further in the middle of the first lines. This forms a simple and very nice decoration. (See fig. 93 and illustration, page 540.)

The Rose-Marie. — Prepare in advance an almond biscuit, working in a basin 1/4 lb. sugar with 4 egg yolks. Then mix 2 ozs powder of almonds and 1 whole egg. Whip the 4 whites in snow and mix them at the same time with 3 ozs flour. Then add 3 1/2 ozs melted butter. Bake this paste in a buttered and floured "manqué" mould. Let the biscuit get cold, cut it in 3 slices and stuff it with a cream prepared in crushing 3 1/2 ozs almonds with 3 1/2 ozs sugar, 3 ozs melted butter and 3 ozs melted chocolate. Cover the reconstituted cake with a couch of reduced apricots marmelade, then glaze with kirsch melting, somewhat rosy with carmine. Decorate the mould of cake with a nice rose and small roses in glaze sugar all around, made with the "pochoir". (See illustration, page 542.)

The Nougatine. — Bake in a "manqué" mould a hazel biscuit obtained in mixing 2 ozs grilled and rasped hazels with a fine butter biscuit. When cold, separate it in three parts which are garnished with pralined butter cream, added with 3 1/2 ozs powder of pralin. Glaze the top of cake with chocolate melting, surround with butter cream on which chopped hazels or grossly crushed pralin are put. Write on the cake the word "Nougatine" with a cornet filled with royal glaze.

The Pierrette. — Proportions : 3 1/2 ozs sugar, 2 ozs flour, 1 3/4 oz. butter, 1 3/4 oz. almonds in powder, 4 egg yolks, 3 white in snow.

Make a biscuit and bake it in moderate oven in a manqué mould during 35 minutes.

Separate it in two parts and stuff it with a butter cream adjoined with 2 ozs crushed almonds with 3 spoonful kirsch. Cover the round with same cream and put chopped and grilled almonds. Put upon a round of melting almond paste perfumed with coffee and decorate with a simple silhouette of Pierrette in a moon crescent. These silhouettes are cut in rounds of white iron representing a great number of subjects. Only put them delicately on the cake. Strongly powder with glaze sugar, delicately remove the round and the decoration remains on the cake. There exist very nice models and not expensive at all. (See illustration, page 542.)

Cake "La Semeuse." — Make a chocolate biscuit paste in a "manqué" mould. Bake in sweet oven and let it get cold. Cut it in two parts and stuff with pralined butter cream. Glaze this cake with chocolate or rum and with the silhouette representing the Sowster of Roty, decorate in powdering with glaze sugar. (See illustration, page 542.)

Cake Alexandra. — Proportions : 1/4 lb. sugar, 3 ozs fecula, 1 table spoonful (not very full) flour, 2 1/2 ozs almonds, 2 1/2 ozs butter, 3 1/2 ozs chocolate, 4 whole eggs.

Put the sugar, crushed almonds, 1 whole egg and 3 egg yolks in a basin and work all very strongly with spatula, then add the chocolate which is melted with some water for obtaining a cream. Add then the two sorts of flour and at the same time the 3 whites in well firm snow. Terminate with mixing of melted butter. Put this preparation in a square buttered, floured mould and bake it in very sweet oven during about 50 minutes. When this cake is cold, nap it with reduced apricot marmelade and glaze with chocolate melting. This cake has no garnishing, nor decoration, but is exquisite.

Cake "Pavé Lyonnais." — Proportions : 1/4 lb. sugar, 1/2 lb. chestnuts, 3 1/2 ozs butter, 4 whole eggs, vanilla.

Exactly proceed as for butter fine biscuit, replacing the flour by flour of cleaned chestnuts, cooked in water. Bake this biscuit in moderate oven in a rectangular plate-iron with low borders, called geneose plate-iron of sufficient sizes that when baked and cut in two parts, these two pieces of biscuit placed one over the other have the appearance of a brick. Spread between these two pieces a couch of apricot jam mixed with a handful filleted almonds.

Further prepare 3 1/2 ozs brown nougat (see this word, page 608) and when it is cold, hash it grossly, then nap the cake with reduced marmelade and put the nougat over and around.

Cake "Fetiché." — Prepare a preparation of fine biscuit in which 2 ozs grilled almonds in powder are put. Bake it in a round and flat dish in order that the cake is not too thick, during 25 minutes in somewhat hot oven. When cold, cut it in two parts and stuff a pastry vanilla cream in which small pieces of glazed chestnuts are mixed. Entirely nap the cake with a couch of reduced apricot marmelade and coloured red with a little carmine. Spread around the chopped almonds and decorate the top in putting on the border with the forcing-bag a twist cord of purée of glazed chestnuts cleared with some syrup; then in the middle of cake imitate a trefoil with four leaves with 4 halves of almonds disposed around half a hazel with fillets of angelica for making the stick. This cake has a nicest aspect.

Java cake. — Make an orange muslin cake and mix therein the peels of chopped candied oranges. Bake in a square "manqué" mould in sweet oven. Stuff with orange marmelade glaze with oranged melting and put over a decoration of orange slices glazed with caramel.

Marbled cake. — Make a butter biscuit paste with vanilla, cut it in two parts and delicately mix a table spoonful powder of cacao in one half, pour these two pastes per alternated spoonful in a "manqué" mould, buttered and floured, for being half mixed. Bake in sweet oven during 3/4 hour. When it will be baked and cold, cut the biscuits in slices and stuff them with butter cream, vanilla and chocolate in half mixed. Glaze this cake with a mixed melting of white and chocolate, not well mixed for making like a largely veined marble. This is a cake as the others, but originally presented.

CAKES WITH GENEOSE PASTE

Glazed Geneose. — Bake geneose paste in a buttered and floured mould. When cold, cut it in two slices. Stuff with any jam or with perfumed butter cream, according to taste. Glaze with a melting of which perfume and colour are in comparison with the inside garnishing. Decorate at the last moment with candied fruits, almonds or cream. (See illustration, page 540.)

Pralined cake. — Bake geneose paste in a "manqué" mould, buttered and floured. Cut it in two parts when cold. Stuff with a couch of pralined butter cream. Cover then with reduced apricot marmelade and put upon and around chopped and pralined almonds.

Mascotte cake. — Bake the geneose in a round mould, stuff it with praline cream, copiously mask and put on the top and around filleted and grilled almonds and cold. Strongly powder with glaze sugar. (See illustration, page 525.)

Cendrillon cake. — Geneose paste perfumed with some coffee spirit. Bake it in a "manqué" mould buttered and floured, in moderate oven during 40 minutes. Stuff when cold with a moka butter cream. Cover the cake with reduced apricot marmelade. Glaze with coffee and decorate the top with halves of grilled almonds. If possible, write the name of "Cendrillon" (Cinderella) with a cornet filled with royal glaze.

Brie cheese in surprise. — A Brie or Roquefort cheese can be well imitated and in an easy way.

Bake a geneose paste in a flan circlet, somewhat large and in not very hot oven. When cold, cut it in two slices and put between each a good couch of butter cream, with kirsch or vanilla. Reconstitute the cake and cover it with same cream. Powder it copiously with cristallised sugar, lightly green. With glaze sugar, powder it also strongly. Imitate the cheese in making lines with a long knife. For making the sugar green, brush it in the hands with a small pinch of paste of vegetal green, not liquid.

Roquefort cheese in surprise. — Bake the geneose in a somewhat large charlotte mould. Stuff it with a butter pistachio cream and a kirsch butter cream, the two creams imperfectly mixed and leave some chopped pistachios there for making the inside of cheese. Cover upon and around with small cream well smooth and powder with glaze sugar with a small box called "glacière." These sorts of fancy cakes are very amusing, principally for children.

Draught-board cake. — Prepare a geneose paste and mix 2 ozs grilled hazels, reduced in powder. Bake this paste in a square mould in moderate oven during 40 minutes; when cold, stuff it with a vanilla and pralined butter cream; recover with very reduced apricot marmelade, spread around chopped and grilled almonds. On the top of cake, make with the cornet fillet with royal glaze, well regular squares in taking the measures in advance for making a draughtboard. Garnish these small squares with white melting for the whites and with chocolate melting for the black. Terminate the decoration of cake in surrounding it with a lace of butter cream made with the forcing-bag and ribbed fancy pipe. (See illustration, page 555.)

Regent cake with chestnuts. — Bake a geneose paste in hot oven in three flan circlets of same size and not too large. These circlets are prepared with paper as it is stated for Helvétia cake. When these three geneose are baked, arrange the cake in putting between each a good couch of chestnut butter cream, then recover all the cake with reduced apricot marmelade and decorate the top in putting in the middle half a candied fruit, pear or green "chinese." Surround this fruit with a collar of half-almonds. Glaze the cake in using a melting of well clear rhum, but in preference for remaining in the traditions bake 5 ozs sugar with some water for making a very thick and gluey syrup. Pour this syrup in small fillets in a basin, always turning with spatula, then when it is white and thick, add some drops of rhum. Turn until the syrup is only strongly lukewarm, pour it on the cake for making a veil which cannot hinder to see the the elements of cake and its decoration. This cake is one of the most delicate and most appreciated in the season of chestnuts. See illustration, page 541.)

Three Brothers cake. — Geneose paste mixed with 1 oz. powder of almonds. Bake this paste in a three-brothers mould (ribbed crown in twist cord), buttered and floured. Simply glaze with very reduced apricot, put on the basis pralined almonds and also in the inside of crown, decorate the cake with candied cherries, half-almonds and angelica.

This is an old cake, created by the Brothers Julien, all of them established pastry-makers in Paris. It is actually dethroned by finer creations.

National cake. — Make it absolutely as a moka, but garnish and decorate it per quarter with 4 sorts of butter cream, i. e. coffee-cream, chocolate, pistachio and vanilla. The decoration is made with small points of cream with a fine fancy-pipe used for decorations of moka. Make marks upon with the back of knife and carefully decorate. Put a small rose in center with chocolate cream.

Cussy cake. — Make a geneose but with a handful almonds crushed with some kirsch and 2 egg yolks in surplus. Bake the paste in flat moulds as for Gênes bread moulds, buttered and floured. Lightly impregnate the cake with kirsch recover with tin paper. Can be kept for a few days.

Bourdaloue cake. — Bake a geneose in a "manqué" round mould. When cold, cut a slice on the top and hollow this cake for filling it with Bour-

daloue cream (see cream). Put the removed part, cover with apricot, glaze entirely the cake with chocolate and write on the top the word "Bourdalous" with Royal glaze and a paper cornet.

Charlemagne cake. — Make a geneose in a round mould, garnish it with two couches of nuts butter cream, crushed with honey. Glaze the cake with a coffee melting, decorate with same cream with forcing-bag and ribbed fancy-pipe. Put nice halves of nuts on the melting, between decoration of cream.

Sans-Gêne cake. — Geneose paste. First caramelize lightly the third of sugar which is crushed when cold. Make the paste according to the indicated method. Bake it in a "manqué" mould, buttered and floured but in sweet in order to prevent colouration which caramelised sugar would rapidly give to the paste. Cut it in two parts stuff with pralined butter cream. Garnish it outside with same cream, put chopped and grilled almonds all around and on the top range 8 small cornets in almonds paste which are filled with same pralined cream with a forcing-bag and a fancy-pipe. (See illustration, page 524.)

Small cornets. — Put half of a white egg in a basin with 2 sable spoonful vanilled sugar in powder. Beat all during 1 or 2 minutes with a fork, then add a spoonful almonds in powder, half a spoonful flour and 1 spoonful melted butter. Spread on a buttered and floured plate-iron small very thin galettes of this paste, size of orifice of an ordinary glass. Bake in very hot oven during 5 minutes. When cooked, roll them in form of cornets, introduce them in pipes in order to keep their form when cold.

Caraque cake. — Bake a geneose in a square "manqué" mould, garnish it with chocolate butter cream and well over with a small couch upon and around. Put around granulated sugar and spread without symetry some slices of chocolate cover which are prepared in this way.

Melt the chocolate cover and spread a thin couch on a sheet of white paper. Let it get cold, separate it from the paper (this is done without efforts). Break in pieces and lightly curve them before putting them on the cake. A light couch of glaze sugar.

Cake "L'Aiglon." — Prepare a chocolate geneose in whipping together 1/4 lb. sugar in powder with 5 whole eggs. Mix 2 ozs powder of cacao, then 3 ozs flour at the same time, 2 whites in firm snow and then 3 1/2 ozs melted butter.

Bake this paste during about 30 minutes in moderate oven in a three-brothers mould, buttered and floured. Glaze it when cold with a chocolate melting and paste it with reduced apricot over a round of sugared paste, cooked in advance (see pastes). Garnish the center of this sort of turban with a chocolate muslin cream, obtained in whipping on sweet fire, 2 whites of eggs and 1/4 lb. glaze sugar. When the meringue is firm, let it get cold and mix it 7 ozs fine butter and 5 ozs melted and cold chocolate cover. Put this cream with forcing-bag and ribbed fancy-pipe; an easy decoration is then obtained. Serve when glazed.

Danicheff cake. — Geneose paste, baked in moderate oven during 35 or 40 minutes in a square "manqué" mould. Stuff with a couch of currant jam. Garnish the top with italian meringue, placed in somewhat high dôme. Redden in fire a stick of iron, size of a pencil and burn this meringue putting the red iron very lightly in order to make a checkering at the surface. Then nap the whole cake with a well cooked apricot marmelade, making a jelly. When the apricot is dropped, put around the cake chopped and grilled almonds. (See illustration, page 555.)

The "Lutétia." (Cake with chestnuts). — Make a fine geneose in a round "manqué" mould, buttered and floured. Bake it in well sweet oven. Make three slices, stuff them with a nut better cream, obtained in crushing 1/2 lb. fresh nuts broken and peeled with some spoonful rhum and mixing to this purée a meringue made with white of egg and 2 ozs glaze sugar, whipped on fire in order to have consistency of a thick cream. For terminating the nut cream, add 5 ozs fine butter and keep it in a cool place. After the cake is reconstituted stuffed with nut cream, cover it with a very reduced apricot marmelade, then put on the top and around nice halves of nuts and then glaze it entirely with a chocolate melting; let fall on the top with a forcing-bag garnished with a somewhat fine fancy-pipe an excellent vanilled purée of chestnuts, arranging in form of large vermicella. This purée is made with 1/2 lb. peeled chestnuts, cooked, strained through sieve, mixed with cooked syrup "at blow," composed of 3 1/2 ozs sugar and some water. Well work the chestnuts purée and syrup until it is well cold. Arrange this cake on a lace-paper. Spread around some half-nuts.

Financier cake. — 5 ozs sugar in powder, 2 1/2 ozs butter, 2 1/2 ozs flour and fecula, 2 ozs almonds in powder, 2 ozs candied fruits, 4 whole eggs and 2 egg yolks, a liquor-glassful curaçao.

Work the paste on slow fire as a geneose, add then the flour and almonds, the melted butter and the curaçao. Then butter a "manqué" mould with only congealed butter and powder filleted almonds, well dry and also with glaze sugar. Garnish with the half paste on which some candied fruits, cut in small dice, are spread. Terminate to fill with paste and bake in very moderate oven during 45 to 50 minutes. When removing from oven, powder with glaze sugar and serve well cold.

Assumption cake. — Make the day before 1/2 lb. fine geneose which is cooked in two moulds, a "manqué" mould and a half-spheric mould of which the basis has the same diameter. When they are well cold, separate these geneose in several slices and garnish them with a couch of jam. This gives a cake with a high dôme. Recover with well cooked apricot marmelade, pour upon a white kirsch melting, somewhat warm and thick for masking the cake. Decorate simply with fillets of candied angelica and half-sugar cherries, then put an aigret in filleted sugar. (See explanation of filleted sugar, page 518.) (See illustration, page 619.)

"Reine Pomaré" cake. — Bake a geneose paste in a timbale mould, cut it in slices, garnish with pralined cream, glaze all with chocolate melting and decorate with halves of grilled almonds and pistachios.

Easter cake. — Amongst the various cakes which can be served easter time, this is an exquisite one :

Make a fine geneose and bake it in a square "manqué" mould in preference, during 45 minutes. Stuff it with a pralined butter cream, garnish it with same cream and put grilled chopped almonds. On the top put an egg in chocolate melting almonds paste or in chocolate cover.

For making an egg in almonds paste, spread the melting paste in two parts of 1/5 inch in thickness, garnish the inside of a large egg mould (mould in two equal parts). Let dry the paste in this mould, lightly powder with glaze sugar during 1 hour and at very sweet heat. Join the two halves in pasting them with royal glaze or cooked sugar. Small eggs or small chicklings can be enclosed therein, made in chocolate or any other fantaisies. For terminating the garnishing, make a ribbon in melting almonds paste, green or rosy, in acting following the recipes given in the "Sans-Rival" cake. For the egg in cover, see confectionery, page 602.

This ribbon can also be made in sugar, but this wants a perfect knowledge of sugar working. The word "Easter" can be garnished with cornet in royal glaze. (See illustration, page 557.)

Anniversary cake. — This cake has no special mixture. It can be made in geneose, biscuit or almond paste, etc... accompanied with anyone garnishing according to fancy and taste of everyone. It is personal to the cake which is prepared for the anniversaries and this is its decoration. It can be terminated in all manners and with the greatest fantaisie.

Glaze the top of cake with a rosy melting for instance and white with white royal glaze the desired name and the wish which is formed "Good feast," "Happy anniversary," etc..., etc... Place on the cake small fantaisie candles (of various colours) of which the number correspond to the age of the jubiliary. Paste the candles with some royal glaze, fixing them with a small crown of filleted sugar but this is more difficult, in a small sugar flower. These candles are lit when on the table. (See illustration, page 558.)

Hérisson cake. — Bake a geneose in a dôme mould, buttered and flowered and in 2 small tartlet moulds. Prepare a coffee-butter cream in order to stuff the cold cake and which is cut in slices. Glaze it with a melting either coffee, either clear chocolate. Pick with the hand and on all the surface one by one small fillets of grilled, almonds representing the quills.

With the small tartlets make the legs, head and tail of the animal and put them under. Put a point of chocolate at the place of eyes.

Turtle cake. — Exactly proceed as above. It would be better to have a turtle mould.

When the geneose is cold, hollow it and fill the inside with a pralined chocolate butter cream. Cover the turtle with apricot marmelade, reduced, and glaze it with a somewhat brown coffee melting, then in the lines forming the carapass make with a cornet a somewhat clear chocolate melting. Add to the animal the legs, head and tail. The eyes are made with 2 black raisins.

The bucket of mushrooms (Cake). — This very original cake is easy to make. First a galette of geneose baked in a tart circlet, then the "langues de chat" (see page 586) of which two are bigger than the others. Cut these "langues" in two pieces and cut with the punching-press the top of the two special ones which are higher than the others. Prepare a kirsch butter cream and spread a couch under and around, on all the round, make the "langues" adhere which replace the staves of bucket of which the two greatest are the handles. Fill the bucket with small nice mushrooms in meringue filled with kirsch butter cream. (See illustration, page 605.)

The bucket of gratined macaroni. — This bucket can be garnished in another way in order to imitate the gratined macaroni, in putting butter cream with a forcing-bag garnished with a small round fancy-pipe, size of macaroni. Let this cream fall, in pushing lightly the forcing-bag, in order it has the form as if it was the macaroni which was poured, then put upon powder of grilled almonds in order to imitate bread raspings.

Saint-Louis cake. — This delicious cake having as basis : chocolate, cocoanut and almonds is convenient for the summer, owing to the freshness it gives to the palate; it can also be prepared the day before, except the cream which must be made at the last moment.

Prepare the paste as follows : crush 3 ozs almonds with $\frac{1}{4}$ lb. sugar, mix this well fine mixture in a terrine with 6 egg yolks and work all with spatula, then add $1\frac{1}{2}$ oz. rasped cocoanut, 2 ozs cacao in powder and at the same time a whole egg. Beat then the 6 whites of eggs in snow and mix them in the paste at the same time as the $3\frac{1}{2}$ ozs flour, then add the $3\frac{1}{2}$ ozs melted butter. When the mixture is delicately made, pour this biscuit paste in a great round "manqué" mould, buttered and floured and bake in very moderate oven during 40 to 45 minutes. When the biscuit is baked and cold, separate in it 3 or 4 slices and stuff it with a chocolate cream which will be prepared in advance in working 4 egg yolks, $\frac{1}{4}$ lb. sugar, $1\frac{3}{4}$ ozs rice flour, $1\frac{3}{4}$ ozs rasped cocoa nut, $1\frac{1}{2}$ oz. cacao and 2 tea cupful milk. When the cream is boiled, let it get cold, stuff the cake glaze it with reduced apricot and sprinkle some rasped cocoa nut over and around. See illustration, page 526.)

The "Sénégalais" (Other cake with cocoa nut). — Simply make a geneose paste in which half flour less is put than in the other cake and this suppressed flour will be replaced with rasped cocoanut. Bake this paste in a dôme mould buttered and floured, in moderate oven. Cut it and stuff it when cold with a vanilled butter cream adjoined with 3 ozs rasped cocoa nut. Prepare a small quantity of baked meringue (see pastes) with 2 whites and $3\frac{1}{2}$ ozs sugar and mix with 2 ozs rasped cocoa nut. Copiously recover the cake with this meringue, powder it, then rasped cocoa nut and put it 2 or 3 minutes in oven for crouting the meringue and lightly brown before the butter cream is melted.

The Exotic (With cocoa nut). — Bake a geneose paste with cocoa nut (see Sénégalais) in a rectangular mould (or in a hollowed plate-iron). Let it get cold and if baked in a plate-iron, cut it in two parts in form of a brick. Join

the two halves perfumed rum butter cream mixed with 2 ozs rasped cocoa nut. Cover it with a small couch of cooked meringue (see page 511), spread around a decoration of candied orange peels and sprinkle over a handful cocoa nut. Let dry the meringue, which cannot be put in oven owing to the inside butter cream. (See illustration, page 526.)

Risen dull pastes

Gingerbread. — There exist several methods for preparing the gingerbread which is generally manufactured. Here is a recipe for making it at home.

Put in a basin 1 lb. sift flour on which 1 lb. melted honey is poured, not too warm. Add $\frac{1}{4}$ lb. sugar in powder 2 ozs chopped candied orange peels, 2 ozs "poncire" or minced cedrate, then 2 table spoonful water, in which 1 diam. ammoniacal carbonate is diluted.

Mix all with spatula, work this paste in stretching with the hands and make it well homogeneous. Let it stand in a cool place, keeping it covered with a linen during 4 or 5 days. Then spread a good couch about 1 inch and put it on a plate-iron with borders the sides of which are buttered. Bake in moderate oven. When cooked, pass on the top a brush wiped with boiled milk.

Gingerbread (2nd recipe). — Proportions : 1 lb. rye flour, 12 ozs honey, 5 ozs sugar, 1 tea spoonful (not quite full) salt, 1 dram. ammoniacal carbonate, 1 glassful milk. Melt the sugar in warm milk, warm the honey until ebullition. Put the flour in a basin with a hole in the middle and pour the sugared milk, add in this milk, 6 minutes before, the crushed ammoniacal carbonate. When a soft paste is obtained, well mixed, pour it on a board and strongly work it with the hand in adding about 5 ozs wheat flour. Let it stand during a few hours, roll it as a large cylinder which is placed on a plate-iron, flat it until about 1 inch, pass upon the brush wiped in sugared milk and bake it 50 minutes in moderate oven.

The gingerbread is a very healthy dessert for children.

The plum-cake. — Proportions : $\frac{1}{4}$ lb. butter, 5 ozs flour, $\frac{1}{4}$ lb. sugar, 3 ozs Coriathan raisins, 3 eggs, a pinch of salt, a liquor-glassful rum and large as a piece of ammoniacal carbonate.

Put the butter in a basin, let it lightly get soft, add the sugar, and work with the whip for making it foamy. Put the whole eggs, one by one, well beating the paste before adding the other egg. If the paste seems "turned" do not take care. When it is well beaten, add the flour which is mixed with spatula, then the salt and the raisins which are cleaned in advance and soaked in the rum which is added at the same time. The adding of ammoniacal carbonate renders the cake more light in helping the baking. This is the most difficult thing to obtain. Then pour the paste in a buttered muslin brioche mould, garnished inside with white paper in the bottom and around; the latter, exceeding the mould about $1 \frac{2}{3}$ inch is generally jagged.

Seize the cake in hot oven. Produce a rapid beginning of baking around and in the bottom which cannot make the fruits to come in the bottom of mould. After 6 or 8 minutes when it is somewhat seized, cut in cross the croute formed on the top and sufficiently moderate the oven in order that baking is operated with no further colouration. Time of baking : 45 minutes. This cake can be kept fresh for several days, but if it is begun, it can be protected in covering the cut part with a tin paper sheet. (See illustration, page 508.)

Nota. — In our days, the cakes are generally baked in rectangular moulds. We suggest to replace the ammoniacal carbonate by half a packet of yeast in powder. The baking of cakes is one of the most difficult things to perform.

Sponge-cake. — Proportions : 7 ozs butter, 7 ozs sugar, 12 ozs flour, 5 ozs fruits and raisins, 4 whole eggs, 3 whites in snow, a coffee spoonful yeast in powder, rum, zest of orange (for 12 persons).

Prepare the paste, as stated for plum-cake, adding the whites in snow at the last moment. Bake in a buttered and floured charlotte mould, without paper. When baked, mask it with baked meringue, perfumed with orange. Decorate with candied orange peels and let it dry a moment in oven.

Madeira-cake. — Same proportions as plum-cake with 3 1/2 ozs chopped, grilled almonds and only Malaga raisins, without pips, soaked in madeira instead of rum. No candied fruit. Paste made as above, sprinkle a handful cut almonds on the top before the baking.



Fig. 343. — Draught-board cake (see page 548). — Fig. 344. — Danicheff cake (see page 550).



Fig. 345. — Fanny cake (see page 559).



Fig. 346. — Lafayette cake (see page 553). — Fig. 347. — Sans Rival cake (see page 561).



Fig. 348. — Rolla cake (see page 560). — Fig. 349. — Sylvia cake (see page 561).



Fig. 350. — Easter cake (see page 551).



Fig. 351. — Anniversary cake (see page 551).

THE CAKES WITH ALMOND PASTE

These cakes are always appreciated by the epicures, the almond as well the hazel improves all cakes in which they are entering.

Gênes bread. — 5 ozs sugar, $\frac{1}{4}$ lb. butter, 3 ozs almonds, $1\frac{1}{2}$ oz. flour or fecula, 3 whole eggs, a pinch of salt, a liquor-glassful kirsch. Crush the almonds with half of sugar. Well work the butter in cream with the remnants of sugar, add the mixture almonds and eggs, ones after the others and work all strongly. Do not take care if the block is "grained." Put salt, flour and desired perfume. Garnish a Gênes bread mould (fat and with large sticks, with a paper in the bottom).

40 minutes baking in moderate oven. Served without decoration nor glazing.

Ambroisie cake. — $1\frac{1}{2}$ oz. of flour are added in surplus to the Gênes bread and also 3 ozs cut candied fruits.

Glaze with kirsch melting, decorate with candied fruits.

Triomphe cake. — 3 ozs crushed almonds, $\frac{1}{4}$ lb. sugar, $\frac{2}{3}$ oz. fecula, 6 whites of eggs, vanilla.

Crush the almonds without sugar. Add in several times 3 whites not beaten. Put vanilla and fecula and the 3 other whites, well beaten, and delicately mix all. Arrange in two tart circlets of same size, put on paper and buttered. Powder with glaze sugar, bake in moderate oven during 20 to 25 minutes. These two parts of cake are placed one over the other, separated with a good thickness of muslin butter cream with desired perfume. Powder with vanille glaze sugar on the top, without decoration.

Fanny cake. — Make the paste as for Triomphe cake, but bake it in 3 circlets instead of two, i. e. in thin galettes, when cold, put these three galettes with a couch of chocolate butter cream, cover the top and round with same cream and put on all pralined chopped almonds. (See this name, page 516.)

This cake can be served as it is, if we are able, we can write the name "Fanny" with some royal glaze over a small melting almond paste, put in the middle of cake. (See page 505.)

Make the cake the day before and keep it in a cool place. (See illustration, page 556.)

Flemish cake. — Proportions, $3\frac{1}{2}$ ozs almonds, $4\frac{1}{2}$ ozs sugar, 1 table spoonful fecula, $1\frac{1}{2}$ oz. butter, 3 eggs, vanilla, kirsch.

Finely crush the almonds, add the sugar little by little, then the egg yolks,

one by one, the kirsch and vanilla. Well mix all in order it is white, this paste must be nearly liquid. Add the fecula, the whites in snow and the melted butter.

With this preparation, fill a Gênes bread mould, garnished with sugared paste, as for making a tart. Pick the bottom before garnishing it and bake in moderate oven during 50 minutes.

Demould, without returning, the top remains the top. Glaze with kirsch melting, put in middle a candied half-fruit and make a crown in brown nougat. (See illustration, page 541.)

Marcelin or real cake. — Proportions : 5 ozs sugar in powder, $\frac{1}{4}$ lb. almonds, 3 eggs, a liquor-glassful kirsch, a liquor-glassful anisette.

Crush the almonds with 2 ozs sugar, in order to prevent them to become oil. Put them in a basin with the remnants of sugar, the 3 egg yolks, the kirsch and the anisette. Well foam it. Mix the whites in snow. Fill with this mixture a "manqué" mould, garnished with sugared paste, powder with glaze sugar and bake in sweet oven. Serve as it is.

Alcazar cake. — Proportions : $\frac{1}{4}$ lb. almonds, $\frac{1}{4}$ lb. sugar, 2 ozs butter, 3 eggs, vanilla.

Crush the almonds and add the sugar little by little. Put the 2 egg yolks and a whole egg one by one. Perfume and foam this paste with a whip. Add the 2 whites in snow and the melted butter. Pour the mixture in a "manqué" mould, garnished with sugared paste and the bottom of which is apricoted. Bake 50 minutes in very moderate oven. Prepare another almond paste in crushing 3 ozs almonds with 3 ozs sugar. Wet with the white of an egg, added little by little, the paste must be soft.

When the cake is baked, prepare on the top with this paste a checkering made with the forcing-bag and a ribbed fancy-pipe. Then put the cake in somewhat hot oven, for colouring the second paste. Nap it with a brush filled in reduced apricot and at each hole of checkering put a cleaned half-pistachio. (See illustration, page 542.)

The Rolla cake. — With a meringue made with $\frac{1}{2}$ lb. sugar, 4 whites of eggs and 2 ozs almonds in powder, prepare 4 galettes about $\frac{1}{2}$ inch in thickness on paper sheets. Bake them in sweet oven, putting these papers on a wet plate-iron. When the meringue is somewhat cooked to be separated from the paper, return the galettes and let them dry during a long time in sweet oven.

Prepare on very moderate fire a very firm cream with 2 whites of eggs, $\frac{1}{4}$ lb. sugar, mix 3 ozs melted chocolate and cacao and $\frac{1}{3}$ lb. fine butter. Let it stand during 1 hour in a cool plate. Spread a good couch of chocolate cream between each galette of meringue which are put one over the other, regularise the round of cake, mask the top and the round with cream and put some finely chopped grilled almonds. Prepare a checkering of small slices of paper and strongly powder with glaze sugar. Remove the slices of paper and put in a cool place until the following day. Cannot be eaten on the same day. (See illustration, page 557.)

Cake with nuts. — Half melt $\frac{1}{4}$ lb. butter in a basin, mix 10 ozs sugar in powder. Work the preparation for obtaining a cream and add 5 eggs. Add $\frac{1}{4}$ lb. skinned and crushed almonds and also $\frac{1}{4}$ lb. skinned nuts, reduced in powder. Perfume with a small glassful kirsch and mix at the last moment 2 $\frac{1}{2}$ ozs sift flour. Pour this paste in a round and flat mould, buttered, the bottom which will be garnished with a round of paper. Bake it in moderate oven. Let the cake get cold before demoulding.

Cake "Le Progrès." — Meringued almond paste (see page 511). Spread this paste in round and thick galettes of $\frac{1}{6}$ inch in thickness on a buttered and floured plate-iron, size of the desired cake. Bake 10 minutes in moderate oven. Detach these galettes of paste, render them round with a knife and let them get cold on a plan surface.

Arrange the rounds of paste one over the other, putting between them a couch of pralined chocolate butter cream. Mask with this cream the top and the round and put around chopped and grilled almonds. Powder the top with glaze sugar and with not pralined chocolate cream write in the middle the word "Progrès." (See illustration, page 539.)

Succès cake. — Proportions : 4 whites in snow, 5 ozs sugar, $\frac{1}{4}$ lb. almonds in powder, $\frac{1}{2}$ oz. fecula.

Operate as for the "Progrès" cake. Terminate the cake in the same way in putting between the slices a couch of hazel butter cream. Clean the round of cake, recover it with very reduced apricot, glaze with kirsch vanilla melting and sprinkle on the top chopped and grilled hazels. (Hazel can be replaced by another perfume.)

Sans-Rival cake. — Prepare a meringued paste as for the Progrès. (The almonds can be replaced by hazels or put half of almonds and half of hazels.) Spread this paste on a buttered and floured plate-iron in 4 rectangular plates of 4 inches large and 6 inches long and $\frac{1}{6}$ inch in thickness. Moderate oven separate and clean very regularly each sheet of paste. Arrange the cake in putting between each slice a good couch of hazel and vanilla butter cream. Spread the cream regularly in order that the couches of cream and slices of paste are seen, this cake is not masked around. Garnish the top with a couch of same paste and adhere some chopped and grilled almonds. Put in oblique a slice of melting almonds paste of 1 inch (not quite) large, very lightly green. Write upon the name "Sans-Rival" with a cornet of royal glaze. (See illustration, page 556.)

A tie can also be made, not in an only one piece, as with silk, but arranging separately each curl which is dried 10 minutes over the stove and which is joined and attached with royal glaze. (Personal creation.)

Sylvia cake. — Make 3 round galettes as for Progrès cake. Thick couch of moka cream between each, but not on the top or around. Powder with glaze sugar and arrange on the cake two ribbons of melting almond paste which are crossed. (See illustration, page 557.)

These sorts of cakes are recommended for their finess and their nice aspect. It is easy with these recipes to combinate different forms and garnishings and create new kinds.

Fedorah cake. — Mix in a basin 5 ozs sugar in powder, 4 ozs almonds in powder, 2 eggs and a liquor-glassful kirsch. Add 3 egg yolks, 3 ozs flour, 3 whites beaten in snow and 4 ozs melted butter. Butter and flour a "manqué" mould of oval form in which this paste is arranged per alternated couch of candied cherries, macerated with kirsch and chopped. Bake this paste in a moderate oven during 40 to 45 minutes. Cut it and stuff it with a hash of cherries with brandy, mixed with any jam. Then cover with reduced apricot marmelade, glaze with kirsch melting, sprinkle chopped and grilled almonds and make the cross of Saint-André. With the remaining melting, colour it rose with carmine, glaze a dozen brandy cherries well dropped and dried and put them on border of the cake.

VARIOUS CAKES

Lafayette cake. — Crush $\frac{1}{4}$ lb. almonds and 6 ozs vanilled sugar, wet little by little with 3 whites of eggs and mix 4 other whites in firm snow. Spread this paste in a form of swiss scutcheon which are made on buttered and floured plate-iron in using a paste-board cut in this form. Make 4 slices of paste in this way and bake in moderate oven. When baked cut them very regularly.

Further, cook a slice of same size in sugared paste. Prepare a muslin butter cream with $\frac{1}{4}$ lb. fine butter and 2 ozs almonds, finely crushed and aromatized with kirsch. Arrange the 4 slices of paste with a thick couch of cream between them. On the bottom in sugared paste, cover the cake with reduced apricot. Spread crystallised sugar all around and cover the top with a light couch of apricot marmelade. Glaze with kirsch melting in making on one side of the cake the French colours and on the other side the American colours. (See illustration, page 556.)

(Own creation.)

Napolitan cake. — Spread with roller a Napolitan "frolle" paste (see pastes) with $\frac{1}{6}$ inch in thickness. Cut 8 rounds in using a tart circlet, not too large, take off the middle of these rounds with the punching-press in order to have 8 crowns of which the width will be of 3 fingers. Put them on plate-irons, pick them and bake them in hot oven during 7 to 8 minutes. Bake also 2 other rounds of same paste, of greater sizes and the middle of which is not removed. With reduced apricot marmelade, arrange the crowns one over the other, then paste the round on one of great rounds. Regularize and smooth the round of cake. Cover with marmelade, decorate with candied fruits or royal glaze. Garnish the central hole with jam or cream and also recover with the second round, also, apricoted and decorated as the other remnants.

Nota. — This cake can be made at the desired highness in putting a more or less great number of crowns.

Hymalaya cake or meringued vacherin. — Arrange on buttered and floured plate-irons 7 to 8 crowns in meringue of same diameter. For an easy operation make on these plate-irons circlets indicating the size. Bake and dry as usually in very sweet oven or preferably in stove where it can remain for a long time.

This vacherin is garnished inside with a sugared and vanilled Chantilly cream, mixed either with strawberries, either with glazed chestnuts, according to the season.

Nota. — One of the advantages of this cake is that it can be prepared (as for the shells of meringues) on a day when we have unused whites of eggs. (See illustration, page 686.)

The Turinois. — 1 lb. chestnuts, 3 ozs fine butter, 3 ozs rasped chocolate, 3 ozs vanilled sugar.

Cook, drop and strain through fine sieve the chestnuts and mix this purée, when it is warm with sugar, butter and rasped chocolate. When the mixture is well made, pour the mixture in a square buttered mould, the bottom of which is garnished with a paper. Well press the paste in the mould and put in a cool plate during a few hours. Demould when it is firm and cut it in slices. This cake is not going to oven. It is delicious.

The Guayaquil. — 3 1/2 ozs almonds in powder, 3 1/2 ozs sugar, 1/2 oz. flour, 5 whites in snow, 1 1/2 oz. butter. Prepare the same paste and proceed as for Progrès cake, adding at the last minute melted butter. Garnish the rounds with pralined butter cream and arrange the cake. On the top put rollers (cigarettes, see confectionery) in chocolate and granulated chocolate around. (See illustration, page 539.)

Well arranged cake (Gâteau monté) (for the First Sacrament or wedding, for 18 to 20 guests). — This cake, giving much effect, is very simple to make, except the decoration which is prepared according to abilities. The principal thing is to have moulds, but they can be hired. There are 10 or even 8 moulds, superposed but with 4 or 5 moulds a nice cake can also be made. The paste is prepared in the following way : crush 1/2 lb. almonds with 7 ozs sugar, then 2 full eggs, very fine paste, put it in a large basin with 7 ozs sugar and 9 egg yolks, well work and white the paste, add 1/2 lb. sift flour, zest of orange and at the same time 12 whites in firm snow. Butter and flour the moulds the greatest of which are those in the center, making a crown, fill them up to the edge and bake them in medium oven, in removing them when baked, first the small.

Arrange them in pyramid with jam between each (no cream which would be sickening in such a quantity.) Entirely cover with reduced apricot and glaze all with white melting with perfume at taste. (See illustration, page 606.)

This cake can be decorated with candied fruits or rosy regal glaze in alternating the sizes and dressing it. For a wedding or a First Sacrament, it must be white and surmounted with a communicant or a bride in terra cotta (are bought ready made).

Cakes with choux pastes

Saint-Honoré cake. — Cut a slice of short paste of 1/8 inch in thickness, size of a small plate. Strongly prick and with a forcing-bag and a round fancy-pipe, size of a finger, lay on around a crown of choux paste.

Glaze the top with egg and bake it in somewhat hot oven. Also arrange the small choux (i. e. the small balls of same paste), great as half-nuts, about

15 and bake it at the same time. Cook 5 ozs sugar "small crack" in which the small choux are plunged and immediately pasted on the border of cake which is garnished with Saint-Honoré cream (see creams). (See illustration, page 509.)

The Religieuse. — The Religieuse is made in large and in small cakes. Prepare about 10 éclairs, but terminated in point, garnish them and glaze them in half with coffee and in half with chocolate. Also prepare a croûte in sugared paste in a "manqué" mould about 5 inches, cooked "à blanc" and fill this with Saint-Honoré cream arranged in pyramid. Put the "éclairs" upright, pressed on the cream and in alternating them; on the top of the regularized "éclairs," put a small choux also glazed and terminate this cake in making with the forcing-bag a decoration of moka cream between the "éclairs" and the top. Cake to be immediately eaten. (See illustration, page 605.)

The Paris-Brest. — Prepare in choux paste a crown of size of 2 fingers, put it on a non buttered plate-iron. Glaze the top and sprinkle filleted almonds. Lightly powder with sugar and bake in somewhat hot oven at the beginning and moderated after in order that the paste is somewhat dry. When the crown is cold, open it and fill it with fine pastry cream, pralined and somewhat buttered. Powder the top with glaze sugar.

Polka cake. — Exactly proceed as for the Saint-Honoré, i. e. make a round in short-paste, pick it and couch around a crown in choux-paste. Bake in somewhat hot oven, garnish it copiously in dôme with fine vanilla pastry cream, somewhat thick and buttered. Redden an iron stick, strongly sugar the top of cream with semolina sugar and burn this sugar with the stick for making caramelised "croisillons." No choux are put, as in the Saint-Honoré.

Small cakes

(See illustrations of small cakes, pages 587, 588) (1).

Small brioches with head. — Cut the brioche paste (see pastes) in pieces of 1 a 1 1/2 oz. each, exactly proceed for the moulding as stated for large brioches, put them in buttered mould and let them rise in a warm place, glaze them and "chiquète" them. Bake in very hot oven during 8 to 10 minutes.

Small babas. — With babas paste, garnish in half the babas moulds, well buttered and let them in a warm place until the moulds are full. Bake in very hot oven during about 10 minutes, soak them immediately in a rum babas syrup.

Marignans. — Bake savarin paste in small boat moulds, soak with rum syrup, lightly cut the top for making a cover.

(1) Our readers will find in the two illustrations of small cakes the majority of those which are given here.

Raise it up and garnish the inside with vanilla, italian meringue or a cream according to taste.

Kirsch Pomponnettes. — Garnish with savarin paste small buttered moulds in form of bowl (godet) and put in the bottom a Malaga raisin, without pips. Let it rise and bake in hot oven during 6 to 7 minutes, soak them in kirsch baba syrup and glaze with a very light kirsch melting. Glaze the half with white melting and the other half with rosy melting.

Small savarins. — Same proceeding as for the large. When soaked with syrup they can be served or the center can be garnished with any cream or cherries marmelade.

Abricotines. — Savarin paste in small ribbed boat moulds. Put a piece of candied apricot in the middle, let it rise, bake and soak with rhum. Glaze the cakes with very reduced apricot marmelade.

The Caliban. — Bake savarin paste, mixed with candied apricot, cut in dice in small hollow and oval moulds. Soak them in a kirsch syrup, glaze them with a light kirsch melting. Garnish the top, in middle with a small dôme of vanilled Saint-Honoré cream, made with the forcing-bag, and sprinkle grilled and finely chopped almonds.

Small cakes with puff-paste

Small puff-cakes. — Spread a slice of puff-paste, large as 2 fingers and of $\frac{1}{6}$ inch in thickness. Cut the paste in form of lozenges. Range them on a wet plate-iron, glaze the top, on which with a knife a small cutting is made, and bake in well hot oven. Powder with sugar 1 minute before complete baking for caramelising the top.

Couques or "langue de bœuf." — Cut with the ribbed punching-press very small galettes of puff-paste. Spread a handful sugar in powder on the marble and roll these pieces, giving the oval form. Put them on a plate-iron, putting the sugared side turned on the top and bake in moderate oven during 7 to 8 minutes.

Puits d'Amour. — Ribbed rounds of puff-paste, somewhat thin with $1\frac{2}{3}$ inch diameter. Put them on a wet plate-iron, wet them with a brush soaked in water. Recover them with a second round, smaller and of which the center is cut for making small crowns. Glaze the top with egg and bake in hot oven. This must be prepared as small bouchées, garnish the middle with some currant jelly.

Glazed matches. — Spread a slice of puff-paste of 4 inches large and $\frac{1}{6}$ inch in thickness, recover the top with royal glaze which is spread on all the surface of puff-paste, regularize the sides and cut in slices of $1\frac{1}{4}$ to $1\frac{2}{3}$ inch large, which are put on a plate-iron. Bake 12 minutes in hot oven underneath and very moderate on the top, in order to avoid the caramelising of glaze.

In order to easily cut the paste without it adhering to the knife, plunge this latter in water or in flour every time.

Condés. — Same proceeding as for matches, but add to the glaze covering the paste, a good handful of finely chopped almonds, powder the top with glaze sugar, before cutting the cakes.

Small chaussons. — Cut thin large galettes with remnants of puff-paste. Garnish them with cream or marmelade, ploy the paste and well stick the 2 borders one over the other. Glaze the top of chaussons which are baked in hot oven during 10 or 12 minutes.

Roussettes. — Make the "couques" as stated above. Take a cap of a small bottle (of olives or gherkins) on which with a small knife make a profound checkering. Strongly press the cap on the "couques" in order to give design of wafers on all their surface. Glaze in hot oven. They are very rapidly baked, as they are thin. Serve with ice cream instead of cigarets.

Sacristains. — Spread a slice of remnants of puff-paste, large as the hand and having $\frac{1}{8}$ inch in thickness.

Glaze with beaten egg and sprinkle on the top somewhat finely chopped almonds and powder with glaze sugar. Cut in slice, large as a finger, keep these slices with the two hands and turn them in order to give the form of corkscrew. Then put them on a plate-iron and bake them in well hot oven. 5 minutes are sufficient. (See page 55.)

Glazed palm-leaves. — With remnants of puff-paste, make the palm-leaves in the following way. Roll delicately these remnants in balls, give 2 turns and strongly powder with sugar. A square piece is obtained which is rolled in the two senses for rendering it thin and keeping its form, ploy one of the ends, twice on itself and operate in the same way at the other end; they must be joined in the middle of the square. They are then ployed one over the other, as for shutting an open book. We have then a slice constituted by 4 thicknesses of paste. Cut this in slices $\frac{1}{2}$ inch (not quite); large and put them on the plate-iron, the cutting put on the plate-iron and in sufficient distance in order they can spread. Bake them in somewhat hot oven, in returning them, after a few minutes in order that the bottom is not caramelised: 10 to 12 minutes baking are sufficient. (See page 54.)

Mars. — Spread remnants of puff-paste in a somewhat large and thick slice about 4 inches, ploy the borders for making like a gutter which is filled with pastry vanilla cream. Bake in hot oven, when nearly cold, spread over a very regular couch of swiss meringue of about 1 inch in thickness. Strongly powder the top with sugar and make cuttings large as two fingers with the back of knife which is very lightly introduced in the meringue. Decorate each part with half almonds and some Coriathan raisins and put in sweet oven during about 10 minutes for crouting, without colouring. When cold, cut it in pieces, according to the incisions which are made.

Small puff galettes. — With paste for "Galette des Rois" or with remnants or puff-paste, cut and rolled in small palls which are flattened, prepare small puff cakes which are powdered with sugar and glazed in oven to be served with tea.

Small bouchées. — On a nice puff-paste with 6 turns, thick of $\frac{1}{4}$ inch neatly cut ribbed rounds with the punching-press in the desired form. Return them on a wet plate-iron, glaze the top with egg, impregnate the cover with the point of a knife, pick it 3 times and bake in well hot oven during 10 to 12 minutes. Remove the cover and keep the inside bread-crumbs. Garnish to taste. (See fig. 75-79.)

Napoléon. — Spread puff-paste thick as a copper penny. Cut it with a somewhat large oval punching-press, on a galette of paste, put in middle some Pithiviers cream, wet the round and attach the second slice of paste in pressing somewhat around. On this second paste, spread same cream, but liquified with some white of egg. Powder with sugar and bake in hot oven more underneath than on the top, or keep the oven half-opened if it is too warm.

Puff cornets with cream. — Spread remnants of puff paste in slices of 8 inches long and $\frac{1}{10}$ inch in thickness, cut slices in $1\frac{1}{4}$ inch large, take them by the top and roll them around cornet moulds in white iron, lightly wet and prepare the paste in spirale the point near the top of moulds and making it overlap lightly. Put the cornets on a plate-iron, glaze the top in hot oven. They are garnished with various creams or even with a hash of meat or scrambled eggs.

Small millefeuilles. — Very thin slices of puff-paste of 4 inches large, strongly picked, baked in hot oven and kept well dry. Arrange 3 slices one over the other with almond Bourdaloue cream, strongly sugar the one on the top and cut with a special saw-knife in slices large as two fingers. The paste must be well dried at the baking.

Papillons. — Proceed as for Palm-leaves, i. e. with remnants of puff-paste or paste of 4 turns, give the 2 last turns in strongly sugaring the paste. Roll the paste at 8 inches large on all its length. Cut this paste in slices about 2 inches large which are put one over the other, strongly press in middle of width with the roller or with the hand in order to render this part thinner. Then cut in pieces of $\frac{1}{2}$ inch take the two ends with the two hands and make half a turn in center, put them on a plate-iron at sufficient distance and bake them 8 to 10 minutes in hot oven.

Nota. — These cakes as well the Palm-leaves can be made as size either in small cakes, either in petits fours, the proceeding remains the same.

Viennois. — Cut squares of puff paste 3 inches side, put in center a coffee spoonful almond or pastry cream or jam or candied fruit. Put the 4 corners over the cream, glaze, sprinkle filleted almonds, powder with sugar and bake 10 minutes in hot oven. Better when lukewarm. Are also made with remnants of Strouddel paste.

Jalousie with cream. — Prepare a long slice 4 inches large in puff-paste, put it on a plate-iron and wet the round with some water. Garnish the middle with cold pastry cream or a jam or a marmelade, make a second slice of same size than the first, thicker, ploy it in two parts in lengthwise and make small cutting along the fold of $1\frac{1}{4}$ inch long which after opening of the ployed slice will give cutting of $2\frac{1}{3}$ inches. Recover the cream with this paste, well paste it on borders, cut it regularly all the round, glaze the top. Hot oven during 20 minutes.

Nota. — See large cakes : the Jalousie with jams and the Dartois.

Mirlitons. — Somewhat hollowed tartlet moulds, garnished with short paste or remnants of puff-paste. Strongly prick. Put in the bottom some apricot marmelade, then with a preparation composed with : 2 whole eggs and $3\frac{1}{2}$ ozs sugar in powder and well foam, then add 3 or 4 macaroons well dry crushed in powder and some vanilla. Fill the moulds with this preparation. Put over 3 halves of almonds in form of trefoil, strongly powder with glaze sugar and bake $1\frac{1}{4}$ hour in moderate oven, warmer in the bottom.

Bouchées with chocolate. — With finger-biscuit paste, prepare on a sheet of paper like large buttons, in form of macaroons, and bake them in slow oven (without sugar) during about 10 minutes.

Lightly hollow the bottom of these biscuits and put them two per two putting in the middle a spoonful cream, either whipped either Saint-Honoré cream, then glaze the top with chocolate melting and put half an almond in the middle.

Finger-biscuits. — See the mixture in chapter of paste. Put the paste in a forcing-bag, garnished with a large round fancy-pipe. Place the biscuits well right on buttered and floured plate-irons, recover them with sugar in powder and return the plate-iron in order to remove the surplus which has not adhered to the paste. Bake in slow oven during 15 to 18 minutes in order they are more dry, as these biscuits are easily soft.

They can be prepared in advance and kept in a dry place, in a well closed box. (See fig. 88.)

Reims biscuits (for the Champagne). — Proportions for 18 biscuits : 5 ozs sugar in powder, 5 ozs flour, $\frac{1}{2}$ dram. soda bicarbonate, $\frac{1}{2}$ dram. tartar cream, 3 eggs, vanilla.

Whip the sugar and eggs on a sweet fire, add the tartar cream and the soda bicarbonate; when the mixture is well foamy, mix the sift flour with spatula. Put the paste in a forcing-bag and garnish special moulds which are buttered and put in fecula. Recover the top with sugar in powder for making a croute and bake 15 minutes in moderate oven. These biscuits are well kept.

Alicante biscuits. — Reims biscuits paste, in which some carmine is added. Fill small boat moulds, buttered and feculed put half an almond on each, powder with sugar and bake 8 to 10 minutes in moderate oven.

The Rivolis. — Bake on the day before a common geneose paste on a Geneose plate-iron, buttered and floured. Cut it in square pieces about 2 inches side, cut them in oblique, garnish them with apricot marmelade. Reduce the apricot marmelade until it is very compact and in jelly. Pick each small geneose with a fork and soak them in returning in reduced jam, except the bottom. Scrap the top and the round with a knife, only keeping a thin couch of apricot and roll them in crystallised sugar which must adhere. Powder with glaze sugar and burn the top in form of X with an iron stick, reddened and in putting this stick a moment in each sense. (See illustration small cakes.)

Small caraques. — Make a biscuit or a rectangular geneose, cut it in two parts and stuff it with a chocolate butter cream, cut it in small square cakes of 2 inches which must have about 1 inch in thickness, cover them around and on the top with same chocolate cream, put around granulated chocolate and cigarets in cover of chocolate, neatly rolled and put by side (see chapter of confectionnery). Powder, not too much with glaze sugar. (See illustration, small cakes.)

Anise loafs German. — 1/2 pound sugar, 2 great eggs, 2 spoonful anise, rasped lemon, 1/2 pound flour, 1 pinch soda bicarbonate. Mix the eggs and sugar, add the other ingredients and make a paste. Cut the pieces and make small loafs, put them in form of croissants on a plate-iron and make on one side 3 oblique cuttings. Dry 12 to 15 hours in a warm place and bake in moderate oven.

Dresden loafs (German pastry). — 1 lb. ordinary brioche paste, 1/4 pound raisins without pips, dry raisins, Smyrna raisins and rasped almonds, half raisins, half almonds 2 ozs citronat cut in cubes, a little cinnamon and nutmeg. Add all these ingredients to the paste, make small long loafs and bake in oven.

Small almonds loafs (German pastry). — 6 ozs flour, 3 1/2 ozs crushed almonds, 3 1/2 ozs sugar, 1/4 pound of butter, 1 pinch of cinnamon, a coffee spoonful yeast. Beat the butter, add the other ingredients and crush all with the hand. Let it stand during 1 hour and make this paste at 1/5 inch in thickness, cut small rounds and bake them in moderate oven.

Rock cakes with cocoa nut. — 1/2 pound rasped cocoa nut, 7 ozs sugar, 2 eggs, mix the egg yolks and sugar, add the whites beaten in snow and the cocoanut. With a spoon make small heaps on a buttered plate-iron, powder with sugar and bake in moderate oven.

Madeleine of Commercy. — 2 ozs sugar, 2 ozs flour, 2 ozs butter, 2 whole eggs, vanilla.

Put in a basin the sugar and the eggs, beat "at cold" in order it is well foamy. Mix with a wooden spoon first the sift flour, then the half-melted and the vanilla. Butter and flour the Madeleine moulds which are filled with this paste and bake in well hot oven during about 10 minutes.

Madelines (2nd recipe). — With same proportions plus half a coffee-spoonful yeast in powder, operate quite differently. Beat butter and sugar during 5 minutes, add 1 egg and 5 minutes after, the second, mix the flour with perfume and yeast in powder.

The paste is more fresh to the palate, but the cakes are duller (9 or 10 are obtained in this way instead of 12 according to the first recipe).

American cakes. — Beat together on sweet fire on a basin : $\frac{1}{4}$ lb. sugar in powder and 4 whole eggs, some vanilla. When it is well foamy, mix apart from fire, with spatula and very lightly $2\frac{1}{2}$ table spoonful of maize flour and $2\frac{1}{2}$ table spoonful rice cream, then 3 ozs melted butter. Fill with this paste small hollowed moulds, either Madeleine or others of same sort; these moulds are buttered and powdered with rice cream. Bake in somewhat hot oven during 10 to 15 minutes, according to the size of moulds. These cakes are served in America with Maple syrup. They can also be served with tea.

Flemish sticks. — Proportions : $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. flour, 2 ozs chopped almonds, a whole egg, 1 egg-yolk, vanilla. (For 18 cakes.)

White the sugar with whole egg and egg-yolk. Add the flour and vanilla. Put with the forcing-bag on a buttered and floured plate-iron sticks of size of small finger and twice longer. Recover them with chopped almonds and bake them 8 minutes in moderate oven. Very good for tea.

Melting bretzels. — Proportions : $\frac{1}{4}$ lb. flour, $2\frac{1}{2}$ ozs butter, $\frac{2}{3}$ oz. sugar, a pinch broyed anise (or another perfume), salt, 1 egg.

Mix all very delicately. Cut the paste in pieces of size of a pigeon egg, roll them on a marble for making small sausages, size of small finger in the middle and thinner at each end. Put the two ends on the middle and paste them with some egg in order to make like an eye-glass (lorgnon). Glaze the top and adhere crystallised sugar. Hot oven during 7 to 8 minutes.

Grissinis. — Proportions : $\frac{1}{4}$ lb. flour, $1\frac{1}{2}$ oz. butter, 1 table spoonful (not quite full) sugar, 1 small egg, zest of lemon, salt, like a peas of ammoniacal carbonate.

Mix all and add the crushed ammoniacal carbonate, in order to have a firm paste. Cut it in small pieces and make small sticks of size and length as an ordinary pencil. Arrange them on a wet plate-iron, glaze twice with egg-yolk. Bake in hot oven during 4 to 5 minutes.

Tartlets and small botts

Garnish with short-paste, somewhat thin, buttered tartlet moulds. Garnish them as stated for tarts. Bake them in very hot oven during about 10 minutes.

Fruit tarts "à la Fantasio." — For all fruits, proceed in this way : when the tartlets are baked, recover them with a spoonful of almonds meringue (see pastes), powder them with sugar and chopped almonds and put them 5 minutes in slow oven. Very delicious with apples and cherries.

Conversations. — Garnish tartlets with short-paste, prick them and garnish them up to the edge with vanilla pastry cream well cold, then cover them, all at once, with a very thin slice of short-paste, slowly put the roller over. Cut the paste around the mould. Spread on the top a thin layer of royal glaze on which a checkering is made with 4 narrow slices of short paste, disposed in croisillons over the cake.

Pont-Neuf. — Garnish tartlets with short-paste, prick the bottom and fill them in dôme with preparation composed, in equal parts with choux paste and pastry cream. Glaze the top and put in crown two slices of short paste. Bake in somewhat hot oven during 12 to 15 minutes.

Bruxellois. — Garnish boat-moulds with short paste, pick them and garnish them with well cold pastry cream, mixed with almonds in powder. Decorate with half a candied cherry and 2 lozenges of angelica. Powder with sugar and bake in moderate oven during 10 to 12 minutes.

Rice cake. — Garnish special oval moulds called "moulds for rice cakes" with short paste or remnants of puff-paste. Cook some rice with milk during 30 minutes and mix this rice with 2 whole eggs and 3 1/2 ozs sugar for 5 ozs rice. Add a spoonful butter and a pinch Coriathan raisins. Garnish the moulds picked in the bottom with this rice and bake 20 small minutes in hot oven. Serve cold, powdered with sugar.

Darioles. — Garnish babas moulds with short paste, pick and garnish them with the following preparation: for 10 darioles 2 eggs and 3 1/2 ozs sugar well beaten, add 1 oz flour, 1 tea cupful cold milk and some water of orange-flowers, garnish the moulds at 3/4, put a hazel of butter in each and bake in hot oven during 1/4 hour.

Strawberries boats. — Garnish with short paste or sugared paste small boat moulds and garnish first with paper and raw rice, bake in hot oven, terminate as for large tarts.

Peach tartlets "à la Napolitaine." — Garnish with "frolle" paste (see paste) buttered tartlet moulds, pick them strongly, then bake them in hot oven, without garnishing them. When they are baked, put half a nice peach poached in syrup, nap with some apricot marmelade and put half an almond over the peach.

Fanchonnettes with vanilla. — Garnish tartlet mould with short paste, pick them and fill them with vanilled pastry cream and put them in hot oven. When they are baked, recover them with a good layer of swiss meringue on which a decoration is made with the paper cornet; powder with sugar and croute somewhat the meringue in very slow oven. In the holes of decoration, put some currant jelly or apricot.

Polkas. — Cut the short paste in thin small rounds, size tartlet, put them on a plate-iron and pick them. Couch with the forcing-bag and an appropriated fancy-pipe a small crown of choux paste on border of these rounds and bake them in hot oven during a bout 12 minutes. They are like small Saint-Honoré.

Garnish the hole with a spoonful of pastry vanilla cream, strongly sugar the top and burn this sugar with red iron for caramelising it.

Saint-André.— Garnish boat-moulds with short paste, garnish them up to the edge with very reduced and cold apples; marmelade is recovered with a couch of royal glaze, as for the matches and put over, in cross 2 slices of short-paste, 10 minutes in slow oven on the top and warm in the bottom.

Florettes. — Garnish somewhat deep tartlet moulds (croustades moulds are more convenient) with short paste and garnish them in the bottom with a very small quantity of apricot marmelade, then fill them over with the following preparation : 2 whites of eggs in very firm snow, in which 3 ozs vanilled sugar in powder are mixed and 2 1/2 ozs almonds in powder, add then some kirsch and after the tartlets are garnished, sprinkle over some chopped almonds somewhat large. Powder with glaze sugar and bake in moderate oven during about 15 minutes.

The Religieuses. — Prepare the necessary quantity of choux, size of grilled choux and same quantity of small choux as for Saint-Honoré. Bake them in hot oven during 10 to 15 minutes, garnish them with pastry cream and glaze them with a melting, the large with chocolate and the small with coffee. Prepare in advance some coffee-butter cream and also cook in advance tartlets of short paste filled with pastry cream. When they are very cold, put a large choux in the middle and over this one put a small choux. Couch around a lace a coffee-butter cream and some over, with the ribbed-fancy-pipe.

Amandine Tartlets. — Proportions for 12 : 3 ozs almonds, 4 ozs sugar, 1 table spoonful flour, 1 1/2 oz. melted butter, a whole egg, a egg yolk, 3 table spoonful double cream, a liquor-glassful kirsch.

Crush the almonds and sugar wet with eggs, add the flour, the melted butter and the kirsch. Fill with this mixture 12 tartlet moulds which are garnished with sugared paste and picked with some cuttings of knife. Spread some chopped almonds and bake 12 to 15 minutes in somewhat hot oven. When baked glaze the top of these cakes with a brush wiped in boiling apricot marmelade.

Nanceens. — Proportions for 12 : 2 ozs almonds, 4 ozs vanilled sugar, 2 whites of eggs.

Finely crush the almonds in adding the sugar little by little, wet them with white of egg. Warm this paste in a casserole until the finger cannot be kept therein, remove it then from fire and add a white of egg in very firm snow. With this mixture, garnish boat moulds, bottomed in sugared paste, put on the top of each 2 halves of almonds, powder with glaze sugar and bake in moderate oven during 12 to 15 minutes.

Massillons. — Proportions for 12 : 3 1/2 ozs almonds, 5 ozs sugar, 2 whole eggs, 1 white in snow, vanilla.

Crush the almonds with sugar and vanilla, then add the eggs one by one and at last time the white in snow. Fill with this preparation tartlet moulds

garnished with sugared paste and bake during about 10 minutes in somewhat hot oven. Recover the top with a preparation composed of half a white of egg mixed with 3 ozs. Glaze sugar and 1 1/2 oz. almonds finely chopped. Powder with glaze sugar and put 2 minutes in sweet oven.

Exquis. — Crush together 3 1/2 ozs almonds with 3 1/2 ozs sugar, then add 1 1/2 oz. flour and vanilla. Wet with a white of egg for obtaining a firm paste, spread with roller and make small tartlets, bake them in sweet oven as a stove in buttered and floured moulds, let them get cold. Prepare a butter cream in melting 5 ozs chocolate with 3 spoonful milk cream and 1 1/2 oz. fine butter, well mixed and smooth. Let get cold and garnish the tartlets. Glaze the top with chocolate melting, put half a pistachio in the middle.

Mercédès. — Garnish hollow but round moulds in sugared paste, pick the bottom and put as a hazel of candied fruits, chopped and mixed with some apricot. Terminate in filling with almond paste obtained in finely crushing 1/4 lb. almonds with 1/4 lb. sugar, 2 large whites of eggs and some kirsch. Soft paste. Sprinkle over filleted almonds, put half a candied cherry in the middle, powder with sugar and bake 10 to 12 minutes in somewhat hot oven. Brush the top with apricot when baked. This small cake is very good.

Nichettes. — Boat moulds garnished with sugared paste, filled with Bourdaloue cream. Sprinkle over filleted almonds and powder with glaze sugar. Bake in hot oven for grilling the almonds in caramelising the sugar covering them.

Soupirs. — Tartlet moulds garnished with short paste, garnished with pastry cream and baked in hot oven. Recover them with italian meringue terminated in point with the forcing bag, kept vertically. Dry the meringue a few minutes before opening oven and glaze with a melting, either kirsch, coffee, chocolate, etc...

Dauphins. — As for Soupirs but in boat moulds, garnish them with italian meringue in dôme, well smooth the meringue on each side with a knife and glaze one side with any melting and the other side with another perfume and another colour, for instance one side coffee, other chocolate, or kirsch and pistachio, etc...

(See illustration fig. of small cakes.)

Lisette. — Garnish small boat moulds with sugared paste and garnish them with the following preparation : 2 ozs almonds, 2 ozs sugar, 1 3/4 oz. chopped candied orange-peel, and 2 whites in snow. Decorate with a lozenge of candied orange-peel. Bake in moderate oven during 10 minutes and lightly powder with sugar.

Frascati. — Garnish 12 tartlets, not too large, with short paste. Fill them with a paste made in crushing 3 1/2 ozs almonds, 3 1/2 ozs sugar with a whole egg and 1 egg yolk, a liquor-glassful kirsch and 3 1/2 ozs chopped

candied fruits. Bake in hot oven. Recover with meringue cooked in chocolate. Put them in sweet oven for crouting this meringue without giving colour.

Succès. — 3 ozs honey, 3 ozs butter, 3 ozs nut and vanilla in powder (for 12 cakes).

Very finely crush the nut and add the honey little by little. Mix the butter, lightly soft. All must form a soft paste with which small croustades in sugared paste, cooked in advance, are filled. Glaze with a light coffee-melting and put a piece of nut over.

Pralined Duchess. — $\frac{1}{4}$ lb. vanilled sugar, 1 oz almonds in powder, 1 oz. grilled hazels in powder, 1 oz flour, 1 oz butter and 3 whites of egg in firm snow, add to these all the dry ingredients at once, mix and add the melted butter. Arrange on a buttered and floured plate-iron small oval galettes very thin, using a piece of emptied paste-board put on the plate iron and of which the hole is filled with the paste which is spread with spatula. Bake in very hot oven during 4 to 5 minutes. Then join the 2 galettes and stuff the middle with a small couch of crushed praliné reduced in paste. (See mixtures page 517.)

Small various cakes

English loafs. — $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. sugar, $3\frac{1}{2}$ oz. butter, 3 ozs almonds, salt, lemon, 1 whole egg.

First crush the almonds with sugar, wet them with some egg in order to have a very fine paste which is put in the middle of flour with the remnants of ingredients. A soft paste is obtained which is standing in a cool place during 2 hours. Cut it in pieces of size of a large nut, roll them with the hand for giving the form of small long loafs. Put them on a buttered plate-iron and cut the top with the point of a knife. Then glaze them with beaten egg and bake them in well hot oven during 10 minutes.

Scottish loafs. — Proportions : $\frac{1}{4}$ lb. flour, 2 ozs butter $2\frac{1}{2}$ sugar, 1 egg, zest of lemon, pinch of soda bicarbonate.

Mix all and let it stand. Cut in pieces of size of a nut, giving the form of long netting-needles. Put them on plate iron and glaze them. Bake 6 to 7 minutes in somewhat hot oven. These cakes are swelling when baked and are very melting.

Stuff cakes with honey. — Make a sugared paste with $\frac{3}{12}$ ozs very finely chopped candied fruits in surplus. Spread with somewhat thin roller and cut it in small round galettes of 2 inches diameter with the cutting-paste. Bake in hot oven on a buttered plate-iron. Join these galettes with some honey between them two. Powder with vanilled sugar.

Craquelins. — Proportions : $\frac{1}{4}$ lb. flour, $2\frac{1}{2}$ ozs butter, $\frac{1}{2}$ oz sugar, $\frac{1}{2}$ tea spoonful sugar salt, 1 egg yolk, some milk.

Mix all on a marble, without manipulating the paste too much, let it

stand and roll it with the roller in order to have a paste thick as a copper penny. Cut it in well small regular squares, glaze them with egg yolk, make lines on the top with the point of knife and bake them in very hot oven during 4 to 5 minutes. Powder with glaze sugar for serving.

Breads "à la Grecque." — Sieve $\frac{1}{2}$ lb. flour and put in the middle $\frac{1}{3}$ oz yeast diluted with some lukewarm water. Then add 1 table spoonful (not quite full) sugar in powder, a small pinch cinnamon and 2 eggs. Strongly work and add $3\frac{1}{2}$ ozs butter. After this paste has risen, cut it in pieces large as an egg, give the form of small sticks which are rolled in sugar in grains, then after they are somewhat flattened with the roller, put them on a buttered plate-iron and let them rise in sweet heat during 20 minutes, then bake them in hot oven.

Biarritz. — $\frac{1}{4}$ lb. crushed almonds with $\frac{1}{4}$ lb. sugar and 3 whites of eggs, vanilla. Very soft paste. Arrange on buttered and floured plate-iron in thin rounds with the paste board, emptied of $2\frac{1}{3}$ inch diameter (see Duchess).

Bake them, separate them and let them get cold flatwise. Soak the bottom which is more smooth in chocolate cover. Let them get cold in the air.

Blidahs. — Whipe 3 whites in very firm snow, mix $3\frac{1}{2}$ ozs almonds in powder, $3\frac{1}{2}$ oz sugar, $\frac{1}{2}$ oz. flour, zest of orange and some carmine. Spread this paste in oval on a buttered and floured plate-iron with the special impress of white iron which is wet at each time. Strongly powder the top with glaze sugar and bake in moderate oven during 10 to 12 minutes. Without impress, a very thick emptied paste-board, of oval form can be used.

Vénitiens. — Sugared paste which is spread on $\frac{1}{8}$ inch in thickness. Cut in squares of 2 inches of side, put them on a buttered plate-iron, recover them with a thin couch of Royal glaze added with a good pinch of flour in order it does not flow. Make with the forcing-bag 2 lines as an X with reduced apricot. Bake in hot oven underneath but very sweet on the top or leave the oven half-opened during 10 to 12 minutes. Very fine and very nice cakes.

Délices de Madrid. — $\frac{1}{2}$ lb. sift flour put in fountain with 5 ozs butter, 2 ozs sugar in powder, 2 eggs, a drop bitter almond spirit or two bitter almonds, finely crushed with some drops of water. Mix all for making as paste, not too firm, not too soft, which is spread with the roller for making in thin and cut it which the punching-press in rounds thick as a Sovereign. Bake them in well hot oven. When cooked, paste them two per two with apricot marmelade and put sugar in grains all around.

Visitandines. — Work during $\frac{1}{4}$ hour in a basin with spatula $\frac{1}{4}$ lb. almonds in powder with 5 ozs sugar and 4 whites of eggs, added little by little. Perfume with vanilla. Mix 2 table spoonful sift flour, then 5 ozs hazel butter cleaned and cold, but again liquid.

Terminate the paste with 2 whites in snow. Bake in hot oven in tartlet moulds or in buttered and floured boat-mould. It is a very good cake. The butter must be nearly black.

Small Brésiliens. — Whipe 4 whites of eggs in snow. Mix $\frac{1}{3}$ lb. almonds in powder and $\frac{1}{4}$ lb. sugar. Spread this paste in thin rounds of $2\frac{1}{3}$ inch diameter on a buttered and floured plate-iron. Bake in moderate oven, separate and let them get cold. Join 3 galettes with chocolate or coffee butter cream, mask the top and the round and put chopped and grilled almonds. Powder with glaze sugar. They are also named the "Touristes". (See illustrations of small cakes.)

Tuiles perlées. — Mix $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, 5 ozs flour, 2 egg yolks and a little salt. Very thin paste. Cut in smooth rounds and bake in hot oven on a buttered plate-iron. Remove them when baked and put them on the roller for curving them. Cover the top with very cooked apricot and sprinkle granulated sugar or chopped and grilled almonds.

Sablés Vendéens. — $\frac{1}{4}$ lb. flour, 3 ozs butter, 2 ozs sugar 2 hard-boiled egg yolks, $\frac{1}{2}$ tea spoonful salt, zest of lemon.

Put the flour in fountain, put the other ingredients and the hard-boiled egg yolks, strained through sieve. Mix, let it stand 2 hours in a cool place. Spread with roller a paste of $\frac{1}{6}$ inch in thickness. Cut it in triangular galettes with the punching-press. Put them on a buttered plate-iron and with a somewhat large cap which is checkered with the knife impress on the sablé a design in pressing with the foured cap. Bake 7 to 8 minutes in hot oven, without glazing. In default of punching-press, cut the rounds with a saucer and them in 4 pieces.

Sablés of Trouville. — $\frac{1}{4}$ lb. flour, $3\frac{1}{2}$ ozs butter, $1\frac{3}{4}$ oz. almonds in powder, $2\frac{1}{2}$ ozs sugar, 2 egg yolks, salt and lemon.

The paste is prepared in the same way as for Sablés Vendéens but with raw egg yolks and more almonds. Roll the paste, cut it in rounds with the punching-press. Cut these rounds in 4 equal parts in order to have triangles of which one side is round. Glaze these sablés with beaten egg, make lines with the knife, bake them in hot oven during 7 to 8 minutes.

Souvaroffs. — $\frac{1}{4}$ lb. flour, $3\frac{1}{2}$ ozs butter, $1\frac{3}{4}$ oz sugar, $\frac{1}{2}$ tea spoonful salt.

Soft the butter, put it in middle of flour with sugar and salt, mix with the ends of fingers, for not making the paste sandy and in which no egg, nor liquid is entering. Let it stand during 1 hour and spread with roller in order to have $\frac{1}{8}$ inch in thickness. Cut these small oval galettes with the punching-press and bake in very hot oven. When they are nearly baked, powder them with glaze sugar and put them in oven for lightly caramelising them. When they are cold, join them in putting currant jelly between them.

Tommies. — Mix together 5 ozs flour, 2 ozs sugar, $\frac{1}{4}$ lb. butter, 3 ozs grilled hazels in powder, a little salt and some spoonful cold milk, firm paste. Spread with roller and cut in thin galettes with the ribbed cutting-paste of $1\frac{1}{4}$ inch diameter.

Bake them during 8 to 10 minutes in hot oven. Let them get cold and join them 2 per 2 with apricot marmelade. Powder the top with vanilled glaze sugar.

Tom-Pouce. — Cut small square of sugared paste and bake them in hot oven. Prepare a cream in crushing 3 ozs almonds or grilled hazels with 3 ozs sugar and 3 ozs butter, some coffee-spirit and when these squares of paste are cold, garnish the half, i. e. 12 on 24 with this cream, glaze the others with a coffee melting, put half a grilled hazel over and recover the squares garnished with cream with those which are glazed. (See illustrations of small cakes.)

Galettes nantaises. — $\frac{1}{4}$ lb. flour, $1\frac{3}{4}$ oz. butter, 2 ozs sugar, $1\frac{1}{2}$ oz. almonds in powder, 2 egg yolks, $\frac{1}{2}$ tea spoonful salt.

Make a well smooth paste, roll it in balland, let it stand during 1 hour in a cool place. Spread in $\frac{1}{8}$ inch in thickness and cut it in rounds with the ribbed punching-press of about $2\frac{1}{2}$ inches diameter put them on a plate, lightly buttered and glaze them with beaten egg. Make lines with the fork in checkering. Put a pinch of almonds in powder in the middle with some sugar in powder over. Hot oven during 7 to 8 minutes.

Galettes Bretonnes. — Proportions : $\frac{1}{4}$ lb. flour, 2 ozs butter, 3 ozs Corinthian raisins, 2 table spoonful (not quite full) sugar, 1 egg, salt a pinch cinnamon in powder.

Proceed as for galettes nantaises. Cut in pieces of size as an egg and flatten them, as stated for galettes de plomb. Glaze with egg and make lines with the knife. Put in the middle of each a pinch of Corinthian raisins (in surplus of the 3 ozs which are put in the paste). Bake in hot oven. Another perfume can be put, as cinnamon is not appreciated by all people.

Swiss galettes. — Proportions : $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. almonds, 4 table spoonful sugar, $1\frac{1}{2}$ oz. butter, 3 egg yolks or 1 whole egg, vanilla, salt.

First crush the almonds and sugar, in adding 3 egg yolks. Put this paste in middle of the flour and add the salt and vanilla. Mix all with the hand in order to have a firm paste. Let it stand 1 hour in a cool place. Roll and cut it in rounds of $\frac{1}{8}$ inch in thickness and glaze with the egg. Recover with filleted almonds. Powder with sugar and bake in hot oven from 8 to 10 minutes. Instead of filleted almonds, half an almond can be put in the middle.

Salted galettes or Capitaines. — Proportions : $\frac{1}{4}$ lb. flour, $2\frac{1}{2}$ ozs butter, 1 tea spoonful salt (not quite full), 3 or 4 spoonful cold milk or 1 egg yolk and milk.

Mix all without manipulating the paste too much as it would become elastic owing to the absence of sugar. Let it stand during 1 hour. Spread it very thin, pick the surface of paste with a fork. Cut it in rounds of 2 inches diameter and put them on a buttered plate-iron. Wet the top with a brush soaked in salted milk. Bake in very hot oven during 4 to 5 minutes. When baked, put again the brush wet with salted milk.

Galettes Napolitaines. — Roll on a floured marble balls of almond "frolle" paste, size of egg, flatten them on a buttered plate-iron, as for galettes de plomb.

Recover them with a preparation composed with the white of egg, 4 ozs Glaze sugar, 2 ozs filleted almonds, all making a paste somewhat consistent

and soft in which a pinch of flour is also added. Powder with glaze sugar. Hot oven in the underneath and sweet on the top during 10 minutes (see "frolle" paste).

Galettes de plomb. — $\frac{1}{4}$ lb. flour, $2\frac{3}{4}$ ozs butter, 2 tea spoonful sugar, 1 table spoonful double cream, 1 pinch salt, 1 whole egg (very small). Mix on a marble, let it stand 1 hour, cut the paste in pieces large as an egg which are rolled in ball. Put them on a buttered plate-iron and flatten them in pressing with a mould or a floured box in order it does not paste, give $\frac{1}{6}$ inch in thickness, let it stand again during $\frac{1}{2}$ hour, glaze with egg, make lines and bake in hot oven during 8 to 10 minutes.

Galettes de plomb (2nd recipe). — The pastry-makers are making the galettes de plomb in mixing per equal parts puff paste and brioche paste, but it is not at home that the two pastes are at once under the hand.

Almond crépinettes Richelieu. — 4 ozs butter, 4 ozs dry filleted almonds, 4 ozs sugar, 2 ozs flour, vanilla. Soft the butter which is strongly mixed with sugar and vanilla. Mix the almonds and at the last time the sift flour. Exact baking as for orange galettes, wait until they are lukewarm for separating them from the plate-iron. Put them on a pastry roller for giving the form of tile. They are very fragile.

Croquets of Bordeaux. — Proportions, $\frac{1}{4}$ lb. flour, 2 ozs butter, 2 ozs sugar, $2\frac{1}{2}$ ozs not cleaned almonds, 1 egg, salt, vanilla, 1 spoonful yeast in powder.

Mix the paste with the whole almonds and grossly hash all for somewhat cutting the almonds. Make a roller, large as the writs, put on a plate-iron, flatten them somewhat with the hand, keeping lightly bombed in the middle. Glaze with egg yolks, make lines with the fork in the two senses for making a checkering. When it is baked cut it in oblique in pieces large as the finger.

Sugared navettes or Lady's croquets. — Sugared paste, perfumed with orange, arranged in small navettes which are glazed with white and rolled in crystallised sugar. Moderate oven.

Small Napolitains cakes. — Spread frolle paste in 1-8 inch in thickness, cut it in rounds about 3 inches diameter. For 12 cakes, make 24 rounds of which 12 are largely emptied in center; bake in hot oven, paste them with reduced apricot in putting an emptied round over the full one. Well apricote all and chere crystallised sugar on the border. Garnish the center either with Bourdaloue cream, or apples marmelade, or chestnuts cream, or jam and powder with sugar. (See illustration of small cakes.)

Little Dailies. — Mix 7 ozs flour, $1\frac{3}{4}$ oz. butter, $2\frac{1}{2}$ ozs sugar, a little salt, a coffee-spoonful yeast in powder and milk in order to have a somewhat firm paste.

Let it stand 1 hour in a cool place and spread it in two thin rectangles of same size. Sprinkle over one a good quantity of Corinthian raisins, cleaned and macerated in rum, but well sponged. Recover with the second paste.

lightly pass the roller over for well incrusting the raisins and cut them in small rectangles of size of palm-gaufrettes, bake them on a plate-iron in very hot oven, after they are wet on the top with some sugared milk. Very good for tea. Cinnamon in powder can be put in the paste.

Meringues Chantilly. — With paste of swiss meringue placed in a forcing-bag, garnished with a round large fancy-pipe, put them on a plate-iron, buttered and floured, large as halves of great eggs, and somewhat distanced ones to the others. Entirely powder them with sugar with powder and after one minute, return the plate-iron in order to remove the sugar which has not adhered to the paste. Bake the meringues at sweet oven, during a great $1/4$ hour, remove them and press them in the bottom with an egg for making them hollowed when they are soft. Put them in stove (à l'étuve) but returned, and let them until they are entirely dry. They can also be prepared in advance, as long as it is wanted, but they must be closed in a dry place. (See fig. 94, page 63.)

Almond rock cakes. — Cooked meringue in which some filleted almonds and vanilla are added. With a table spoonful, fall the meringue per heap on a buttered and floured plate-iron, to not give an exact form in order it has more the appearance of rocks. Cook them in stove, during about 8 to 10 minutes, the inside must be creamy, only the top is crusty. They can be made with coffee, strawberry, chocolate, vanilla, etc.

Chamonix. — Arrange the meringues in round form, garnish them with a border of chestnuts purée, sugared and vanilled and put a spoonful Chantilly cream, well firm, which emergate from the chestnuts purée as a nest. This cake is absolutely delicious.

Soleils de Nice. — With same paste as for croissants of Provence, make balls in size of small apricot. Wet them with egg and roll them in chopped almonds, put them on a sheet of paper and with the end of finger, make a small hole in the middle of each. Bake 10 minutes in moderate oven and put some apricot marmelade in the hole, put some fillets of pistachio, placed as spoke of wheel. If the cakes are pasting to the paper, wet them, in the bottom for separating them.

Miroirs (1st paste). — 2 ozs almonds in powder, 2 ozs sugar in powder, 2 whites of eggs.

(2nd paste). — $1\frac{1}{2}$ oz. almonds, $1\frac{1}{2}$ oz. sugar, 1 tea spoonful flour, 2 tea spoonful butter, 1 eggyolk, some rhum.

Beat the 2 whites of eggs in snow, in which the sugar and almonds are mixed, then with the forcing-bag and a round normal fancy-pipe, make on a buttered and floured plate-iron, small ovals of this paste. Recover them with very finely chopped almonds, fill the middle with the second paste which is also very finely crushed and soft with rhum. Bake in moderate oven, glaze the middle with reduced apricot and spread over a very light couch of very clear rhum melting.

Orange galettes. — 3 1/2 ozs chopped almonds, 3 1/2 ozs sugar in powder, 3 1/2 ozs candied oranges, 2 1/2 ozs butter, a spoonful flour, a spoonful milk, some carmine.

Soft the butter in a basin. Beat 2 or 3 minutes with sugar, add the almonds and the chopped oranges, the sift flour and the milk, colour with a drop of carmine and put the paste in small heaps, large as nuts, on lightly buttered plate-irons. Spread taping them lightly with the wet fork. Very hot oven during 5 to 7 minutes. Wait until the galettes are nearly cold for removing the plate-iron as they are very fragile.

Croissants of Provence. — 5 ozs almonds, 5 ozs sugar in powder, 2 whites of eggs, a spoonful thick apricot marmelade, vanilla.

Finely crush the almonds, adding sugar little by little. Mix the apricot and then the whites of eggs, in order to have a somewhat firm paste which can be rolled with the hand. Cut the paste in pieces large as a nut and roll them with some flour for giving the forme of small rollers large as a finger. Wet them with some beaten egg and put them in filleted or chopped almonds for being well recovered. Put them on a sheet of paper giving the form of croissants. Glaze them with the egg and bake them in moderate oven during 10 minutes, when baked, brush them with very sugared milk, for making them very brilliant.

Small cakes with choux paste

Chocolate éclairs. — With choux paste placed in a forcing-bag, garnished with a round fancy-pipe, size of a small finger, put on a lightly buttered plate-iron, right sticks about 3 inches long, on which a brush, soaked in beaten egg is passed. Bake in well hot oven during 15 to 18 minutes. Cover them with a paper and leave them a few minutes in order they are well dry, as they would get soft when cold.

Make an opening on the upper part with the scissors and garnish them with chocolate pastry cream. Delicately glaze the top with chocolate melting. (See illustrations of small cakes.)

Coffee éclairs. — Same proceeding as above, but replacing the cream and chocolate melting by cream and coffee melting.

Choux with cream. — With choux paste, make balls large as small as a mandarin-orange, glaze the top and bake them 15 minutes in hot oven. When the choux are cold, remove the top with a knife and garnish them delicately with Saint-Honoré cream, with the forcing-bag. (See illustrations of small cakes.)

Breads of la Mecque. — Put choux paste in form of meringue, cover the top with sugar in powder, cut them in the middle and bake them in somewhat hot oven during 10 to 12 minutes, avoid excess of colouration produced by the sugar. At pastry shops these cakes are so sold, but it is better to garnish them with a cream or a jam.

Sticks of Jacob. — Make ordinary éclairs, garnish them with vanilla cream and glaze them with cooked sugar with brown caramel, but not burnt. Soak the top of éclairs which are delicately kept with the end of fingers. returning them in sugar, very delicate proceeding. (Do not soak the fingers in the caramel.)

Favoris. — Cut small oval galettes in sugared paste and put them on a plate-iron. Spread with a fancy-pipe for "langues de chat" some choux paste, giving the form of 8, bake in moderate oven, then garnish the two holes formed by choux paste, one with vanilla pastry cream and the other with a cream with another perfume, put half a candied cherry on each.

Madelons. — Choux paste in form of S with a great ribbed fancy pipe. Sprinkle over a pinch of sugar in grains and bake in somewhat hot oven. Cut them with scissors and garnish them with currant jelly.

Small plum-cakes. — Garnish babas moulds with paper in the bottom and around, as stated for large plum-cakes. Garnish them in $\frac{3}{4}$ th with this paste and bake them during about 12 minutes in somewhat hot oven. (See illustration small cakes.)

Ménélieks. — Bake plum-cake paste in small moulds with bucket (godet), as for the Pomponnettes, impregnate them with a very light syrup, strongly aromatized with rum. Glaze them with a chocolate melting.

Cakes of foreign pastry

The buns. — $\frac{1}{2}$ lb. flour, $2\frac{1}{2}$ ozs sugar, $1\frac{3}{4}$ oz. butter, $3\frac{1}{2}$ ozs dry raisins, about $\frac{1}{3}$ oz. yeast, 2 whole eggs, 1 cupful milk, same quantity of water, fine salt and cinnamon.

Make a leaven with $\frac{1}{4}$ of flour and warm water, then when it is well puffed, put the remnants of flour and the ingredients and mix all as for pastes, sort of brioche, mix the raisins in last moment. Let the paste rise during 1 hour in a warm place, beat it and cut it in pieces, size of an egg, roll them in balls, put them on a plate-iron and when they are risen during again 30 minutes, glaze them and bake them in hot oven, brush them with sugared milk when baken and put them a second in oven for drying.

The mufflins. — $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ oz. butter, 1 tea spoonful (very full), $\frac{1}{4}$ oz. yeast, lukewarm milk or warm water.

Put the flour in a basin, make a hole in center and put the yeast, pour and dilute it with milk and warm water, melted butter, salt, beat it with the hand and keep this paste somewhat soft. Cover and let it rise; put some flour for making it more firm and arrange it with the hand in small balls, size of egg which are flattened and put on a floured cloth, let them to rise to twice the size, brush them with milk and rapidly bake them in hot oven. Cut them and butter them for serving.

Scones. — Put on the table $1\frac{1}{2}$ lb. flour mixed with $\frac{1}{3}$ oz. Baking powder and a spoonful butter, a little salt and clotted milk for obtaining a paste not hard nor soft.

Let it stand during $\frac{1}{2}$ hour, spread it with roller and cut it in a triangular form, somewhat thick and give with the end of fingers the form of a cone. Put on a plate-iron and bake in moderate oven during 8 to 10 minutes. The scones are cut in two parts and buttered when warm to be eaten at breakfast.

Ginger nuts. — $1\frac{1}{2}$ lb. flour, 2 $\frac{1}{2}$ ozs butter, 3 $\frac{1}{2}$ ozs melasses, $\frac{1}{2}$ oz. ginger in powder, 2 whole eggs, zest of lemon and a spoonful baking powder, fine salt.

Make a firm paste with all, spread it with roller and cut it in small galettes, of 2 inches diameter, glaze with egg yolks and bake in hot oven.

Moques (Belgian). — Mix $\frac{1}{2}$ lb. flour, 5 ozs butter, 3 table spoonful (not very full) brown sugar, half a packet Alsatian yeast, cinnamon, anise in powder, 1 egg.

Not mix too much this paste, then roll it like sausages. Keep this in a cool place until the following day, cut in slices of $\frac{1}{4}$ inch in thickness, glaze the top and bake in hot oven.

Praha (Tchécoslovaque). — Put in a basin $\frac{1}{2}$ lb. flour a packet Alsatian yeast, 2 tea spoonful (very full) sugar, 2 eggs, a pinch of salt and half a glassful water or lukewarm milk. Well mix this paste in order it becomes elastic, then mix 2 ozs soft butter, cover and let it 1 hour in sweet heat. Pour it on a floured table; it must have the consistency of brioche paste. Cut it in pieces, size of large nuts, roll them in well round balls, put them on a plate-iron, at sufficient distance. Surround a copper weight of 4 ozs with a cloth, soak it in the flour, put it in center for making a hole, like a small well, without perforating entirely the paste.

Garnish the hole with pastry cream and put a Smyrna grape in the middle or apricot or apples marmelade on which some fillets of almonds are sprinkled or round of candied orange-peel, bake 5 minutes in hot oven.

Weggli (Swiss). — In $\frac{1}{2}$ pint lukewarm water, dissolve not quite 1 oz. yeast until the following day. Then put in the basin 1 lb. flour, 2 $\frac{3}{4}$ ozs butter, a little salt and milk for making like a bread paste, somewhat compact. Make small oval loafs, let them rise sweetly during 1 hour, wet the top with milk, make a cutting on one side with scissors and bake 12 to 15 minutes in moderate oven.

Small Israël cakes (Jewish pastry). — Beat 2 whites in very firm snow and mix 5 ozs finely chopped almonds and $\frac{1}{4}$ lb. vanilla sugar. This must form a thick paste. Spread it, flour the top and cut small rounds of $\frac{3}{4}$ inch diameter. Put these galettes on a floured plate-iron, at sufficient distance. Let them during 1 hour before baking them in moderate oven. They must not get colour and must remain soft when cold.

Anise breads (Jewish pastry). — Take $\frac{1}{2}$ lb. sugar, whip with 3 whole eggs, well arrange and add 1 coffee spoonful yeast in powder, a strong pinch of anise and 5 ozs flour (soft paste as geneose).

Let it fall per spoonful on a well buttered plate-iron and bake $\frac{1}{4}$ hour in hot oven. Let it get cold on a plate-iron before separating it. This cake can be kept enclosed in a dry place.

Almonds cakes with cinnamon (Jewish pastry). — Mix 7 ozs flour, 1 egg, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. half-melted butter, a pinch salt, a pinch cinnamon, adding the necessary milk in order to have a soft paste. Spread it as a finger in thickness, cut it in squares about $2\frac{1}{2}$ inches of side, put the paste on a buttered plate-iron, wet the top with egg and recover with wet chopped almonds, well rolled in sugar and cinnamon. Bake after 3 hours. Hot oven during 10 to 12 minutes.

PETITS FOURS

(See illustrations, pages 589, 590, 603, 604.)

There are several sorts of petits fours : the dry petits fours, constituted of dry paste, with no cream, the petits fours with cream and glazed, the petits fours with almond, sort of macaroons, the meringued petits fours, and the petits fours with fruits, sort of tartlets.

First we will see the dry petits fours.

Dry petits fours

Milanais. — Proportions : 1/4 lb. flour, 2 ozs almonds in powder, 2 ozs butter, 2 ozs sugar, 1 egg, zest of lemon or orange, a pinch of salt.

Proceed as for sugared paste and let it stand in a fresh place during 2 hours. Roll and cut with the punching-press of different forms for obtaining various petits fours, put them on a plate-iron, glaze and decorate them in various manners, according to their form, either with half almonds or candied fruits, etc... This paste can also be prepared with the hand in form of small loafs, small plaited tress or rolled in form of large olives, around which the filleted almonds adhere, etc...

Maryses. — Milanais paste, spread with roller, cut in small ribbed rounds, put on plate-iron, glazed, put a grain of Malaga without pips in the center. Hot oven. (See illustration of petits fours.)

Dry petits fours in sugared paste. — Spread ordinary sugared paste and cut it in different forms with small cuttings representing trefoils, hearts, leaves, sheaf, etc... put them on a buttered plate-iron, glaze them with egg and decorate each differently : half an almond, a Malaga raisin, a piece of candied orange-peel, a piece of angelica, etc... There is no absolute rule. Bake in well hot oven during 5 to 6 minutes.

The paste must be perfumed with zest of lemon or orange.

Crussy crowns. — Cut somewhat small rounds in sugared paste, remove the middle with the apple-corer, glaze the top, adhere crystallised sugar and bake in hot oven, principally underneath.

Gazons. — Take piece of sugared paste, size of nut and with the thumb strain this paste through sieve with somewhat large holes in order that the paste obtained and detached with a pallet is like a vermicelled bunch. Put them on plate-irons and bake in hot oven.

Small cut loafs. — Roll the pieces of sugared paste on the floured table, giving the form of long small milk loafs, put them on a plate-iron and cut them in the middle with the knife, glaze and bake them in hot oven.

Dalilas. — Make a sugared paste, mix in surplus 2 ozs Corinthian raisins, macerated in kirsch. Cut the paste in thin rectangular galettes, bake them in hot oven and join them per two with nut cream crushed with honey and some butter. Apricote the top and sprinkle filleted and grilled almonds.

Whey made larger, they can be served as small cakes.

Langues de chat. — Proportions : 2 ozs butter, 2 ozs vanilled sugar, 2 ozs flour, 2 whites of eggs.

Make the butter in cream in a basin, then mix the sugar and in several times, but not too rapidly the 2 whites (not whipped). When all is well mixed, mix the sift flour with spatula. Put this paste with the forcing-bag on buttered and floured plate-iron, in sticks, long as the small finger and large as a great pencil. Bake in very hot oven during 4 to 5 minutes and separate from the plate-iron before all is entirely cooked.

Palets de dames. — Proportions : 2 ozs butter, 2 ozs sugar, 2 1/2 ozs flour, 1 1/2 oz. Corinthian raisin, 1 egg, 1 fillet of rum.

Soft the butter in a basin, mix the sugar and strongly beat all during 3 or 4 minutes. Add a whole egg and continue to mix. Terminate in adding the flour, then the cleaned raisins, soaked in rum. Make small flat macaroons on a buttered and floured plate-iron. Bake in hot oven during 5 minutes.

Viscontis. — With same paste than for palets de dame, but without Corinthian raisins, arrange on a buttered and floured plate-iron large pastilles which are powdered with chopped almonds. Bake them in very hot oven during 5 to 6 minutes.

Cornets. — 2 table spoonful (not quite full) vanilled sugar in powder, 1 oz flour, 1 table spoonful melted butter, 1 oz almonds in powder, 1 white of egg. Beat the sugar and white of egg with a fork, for making it lightly foamy, then mix the sift flour, the almonds and butter.

Spread this very liquid paste on plates-irons, lightly buttered, and in small rounds. Very hot oven. When baked, roll these cakes in the finger in form of cornets and introduce them in the pipes in order to get cold without being deformed.

Almonds tiles. — Proportions : 2 whites of eggs, 4 ozs sugar, 2 ozs flour, 2 ozs butter, 1 1/2 oz. filleted almonds.

Proceed as for cornets paste. Put on a buttered plate-iron small spoonfuls of paste from place to place. Spread somewhat with the fork and powder them with glaze sugar. Bake in hot oven during 4 or 5 minutes. When baked, put these cakes on a pastry roller, in pressing them somewhat with the hand in order to give the curved form until coolness.

Lace tiles. — Proportions : 2 1/2 ozs vanilled sugar, 2 1/2 ozs dry filleted almonds, 2 1/2 ozs butter, 1 1/2 oz. flour.



Fig. 352. — Above : Neapolitan with jam, plum-cake, rhum baba, brésilien, religieuse, madeleine, choux with chocolate, papillons, coffee choux, glazed genoise; middle : chocolate genoise, glazed m-tches, Cherry tartlet, polka, rolled biscuit, coffee and chocolate, éclairs; under : pont-neuf, mascotte, caraque, amandine, apricot tart, conversation (see small cakes page 565).



Fig. 353. — Above : cream savarin, apple chausson, Chamonix; 2nd. range : brioche, Jacob stick, dauphin, wafer; 3rd. range : chocolate succès, Rivoli, glazed rice cake, grilled choux; under : cream choux, coffee cendrillon, linter, potato cake (see small cakes page 565).



Fig. 354. — Above : pralinettes, palimpres, tom-pouces, soleils de Nice, fanchonnettes (see pages 585 and followings).

Fig. 355. — Under : maryses, spirales, tears, mariquita, sultanas snow balls (see pages 585 and followings).



Fig. 356. — Glazed petits fours with sugar : almonds Aboukir, Aiglons, almonds Molière, half Aboukir almonds, glazed stuffed nuts (see page 609).

Soft the butter in a basin, strongly mix with the whip and sugar during 4 or 5 minutes. Add the almonds, then the flour. Arrange, bake and terminate as above. It is better to leave them flat, as they are very fragile.

Fiches. — $1\frac{1}{4}$ lb. flour, 2 ozs powder of grilled hazels, not quite 2 ozs butter, salt, vanilla, 1 egg, 2 ozs sugar.

Make a somewhat soft paste, put it in a forcing-bag with a round ribbed fancy-pipe and make slices on all the length of plate-iron. Bake in well hot oven during 5 to 6 minutes when baked, put over a brush soaked in light glaze composed of rum and glaze sugar. When the "fiches" are cold, cut them in small pieces long as the small finger.

Russian cigarettes for ice-cream. — Cigaret paste which is spread with spoon in small thin and long squares on buttered and floured plate-iron. Bake in very hot oven during 5 to 6 minutes, put a pencil on the border and roll them in pressing well with the hand, remove the pencil. Very rapid operation. (See pastes, page 511.)

Stuffed gaufrettes. — With same cigaret paste, prepare gaufrettes, which are stuffed with different sorts of butter creams. Bake, the same way, long squares, cut them regularly and let them get cold flatwise, paste them 2 per 2 with a small couch of cream in the middle. They must be regularised when baked.

For these sorts of petits fours the proportions of which are small and the paste somewhat fragile, it is better to make a first essay in baking 2 or 3 petits fours before dressing all the plate-iron. If the petits fours are too fragile, and cannot be rolled, put a pinch of flour, in the other case, put some melted butter.

Croquignoles. — Whip 3 whites of eggs in snow, but only half, mix 8 $\frac{1}{2}$ ozs. Glaze sugar and work all with spatula during a moment, add 6 $\frac{1}{2}$ ozs sift flour. Butter and flour the plate-irons and with a forcing-bag and a pipe for "langue de chat" make small buttons, as very small macaroons and small sticks long as the small finger and narrow.

These are called "os de grenouilles," and "boutons de guêtres," this shows the size which will be given. Put in stove 5 hours for the rounds and only 2 hours for the long, not put them consequently on the same plate-iron. Bake 5 minutes in hot oven, they must remain white on the top and well smooth, brush with some very sugared at the removing from oven.

Feuilles de laurier. — Replace the cigarettes with advantages. Mix in a basin 4 ozs, sift flour with 2 egg yolks a pinch of fine salt, a table spoonful sugar and a good glassful cold milk, well mix all with the whip. On buttered plate-irons, very lightly floured spread the paste in giving the form of bay leaves. Bake in very hot oven and let them get cold before separating them from the plate-iron.

These small fantaisies are strongly coloured and well crusty.

Macaroons and petits fours with almonds

Macaroons of Nancy. — 3 1/2 ozs almonds, 7 ozs sugar, 2 whites of eggs, vanilla.

Crush the almonds in adding the sugar little by little, then the raw whites of eggs, in several times, perfume with vanilla. A soft paste is obtained, which is not spread. Put this paste with the forcing-bag, in form of large pastilles on sheets of paper and bake in sweet oven during 12 to 15 minutes, after they are lightly wet with water and powdered with glaze sugar. Separate them from paper, put them on a wet plate-iron and leave them a few minutes.

Orange macaroons. — 2 ozs almonds in powder, 2 1/2 ozs sugar, 1/2 oz. flour, 2 whites of eggs, zest of orange.

Beat the whites in snow and mix the almonds, sugar, flour and zest of orange. Arrange them as above with the forcing-bag and bake them 6 to 7 minutes in moderate oven. Join them 2 per 2 with apricot marmelade. Glaze on one side with orange or curaçao melting.

Chocolate macaroons. — 1/4 lb. almonds, 7 ozs sugar, 2 ozs melted chocolate, 2 whites of eggs.

Same proceeding as above. Mix all in a crusher in somewhat firm paste, cut it in piece. Roll them with the hand, arrange on paper, flatten them with the wet brush and bake in moderate oven as for the others.

Soft macaroons. — 3 1/2 ozs almonds, 5 ozs glaze sugar, a spoonful apricot marmelade, 2 whites of eggs.

Exactly proceed as for other macaroons.

Macaroons with hazels. — 5 ozs hazels, 4 table spoonful moist sugar, 1/2 lb. semolina sugar, 2 whites, vanilla.

Same proceeding as for almonds, but in adding a coffee spoonful flour, the hazels being very oily.

Macaroons of Amiens. — 5 ozs fresh skined almonds, 5 ozs glaze sugar, 1 white of egg and a spoonful apricot marmelade, vanilla.

Same proceeding. Leave the firm paste until the following day, roll it in the hands as a sausage which is cut in slices for making the macaroons, put them on a paper and bake them between two plate-irons, for protecting the bottom of paste.

This paste is too hard to be dressed with the forcing-bag.

Muscadins. — Arrange very small macarons. Bake them 5 minutes in moderate oven, separate them and hollow somewhat the bottom in pressing with the finger when they are warm and soft. Join them two per two with pralin paste and soak them in a chocolate cover. Put them on a paper and let them get cold in the open air. Very fine. These macaroons cannot be larger than croquignoles. (See this name.)

Dutch Massepains. — 2 ozs almonds, 6 1/2 ozs vanilled glaze sugar, 2 whites of eggs.

Crush the almonds with glaze sugar added little by little, wet with whites of eggs also little by little. Very soft paste.

Put on a sheet of paper in small oval pastilles and put them in stove (*étuve*) in very sweet heat, during 5 or 6 hours, for making a *croûte* over.

Then lightly cut this *croûte* in middle of its length with the point of a knife and bake 7 to 8 minutes in very sweet oven.

Patiences. — Very soft macaroons which are somewhat different and which are stoved during a long time before baking.

5 ozs almonds, 4 ozs sugar, 4 whites, vanilla. Crush as usually, almonds, sugar and whites, then cook $\frac{1}{4}$ lb. sugar in pieces "at blow" and pour on the 2 whites in snow, add to this meringue 1 oz. Glaze sugar and mix with the almond paste. Arrange with the forcing-bag as for macaroons, on buttered and floured plate-irons. Stove during all the night and bake in moderate oven. Remain very soft.

Patiences (2nd recipe). — $\frac{1}{4}$ lb. powder of almonds, 7 ozs sugar in powder, 1 table spoonful (not quite full) glaze sugar, 3 whites of eggs, vanilla perfume.

Work in a crusher the powder of almonds, then the sugar with the 2 whites, put this paste in a pan, lightly warm it, add the glaze sugar, then 1 white of egg. Arrange with forcing bag and small fancy-pipe on buttered plate-iron, stove, bake the following day in moderate oven.

Boules de neige. — Proportions : 2 ozs mixed almonds and hazels, $\frac{1}{4}$ lb. vanilled glaze sugar, 1 white of egg.

Finely crush the almonds and hazels with glaze sugar, added little by little. Delicately wet with white of egg in order to have a somewhat firm paste which can be easily rolled. Cut small balls, size of large hazels, which are rounded with the hand and wet them with a very small quantity of white of egg, putting them after in glaze sugar, in order that the paste is well covered. Further put them in small boxes of plaited paper and bake them in very moderate oven. When baking they are swelling, but do not fall and are served in the small boxes. (See illustrations of *petits fours*.)

Rye breads. — Proportions : $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. almonds, 2 ozs crushed pralin, 1 table spoonful flour, 2 whites of eggs.

First make the pralin : 1 $\frac{1}{2}$ oz. sugar and 1 $\frac{1}{2}$ oz. almonds reduced in powder. Crush the other almonds with sugar and flour, wet with white of egg, in order to have a somewhat soft paste, to which the pralin is mixed. Cut this paste in pieces of size of a nut, roll it in balls, wet it lightly with white of egg and put them after in glaze sugar. Put on a sheet of paper and bake in moderate oven during $\frac{1}{4}$ hour. These delicious *petits fours* are crackling in baking and give the appearance of small rye breads.

Ordinary petits fours with almonds. — $\frac{1}{4}$ lb. almonds, $\frac{1}{4}$ lb. sugar in powder, vanilla and 2 whites of eggs. Proceed as for Nancy macaroons. Arrange with the forcing-bag on a paper with the ribbed fancy-pipe. With this paste, make different designs, some S, crowns, pyramids, etc... Decorate with almonds, candied fruits, Corinthian raisins, etc... and bake in moderate oven. At the removing from oven put a wet brush of very sugared milk or clear Arabic gum.

Spires and Tears. — With the almond paste for petits fours, prepare on a sheet of paper with the ribbed fancy-pipe and the forcing-bag, either spirals, on which center half a candied cherry is put, or in form of tear with half an almond over. They are gummed at the removing from oven. (See illustration of petits fours.)

Vanilla sticks. — $\frac{1}{4}$ lb. almonds, $3\frac{1}{2}$ ozs sugar, vanilla, a pinch of flour, some water. Crush the almonds and sugar, in putting the water little by little in order to have a very firm paste, which is put on a marble powdered with glaze sugar. Give it $\frac{1}{5}$ inch thickness spread on the past a thin couch of royal glaze. Then cut small sticks of $\frac{2}{3}$ inch large and about $2\frac{1}{2}$ inches long. Put them on a buttered plate-iron and bake them in moderate oven, in order to avoid a stronger colouration on the top.

Nota. — These sticks can be made in chocolate or coffee if adding one or the other of these perfumes in the paste.

Fortunes. — $3\frac{1}{2}$ ozs almonds, $3\frac{1}{2}$ ozs sugar in powder, 1 tea spoonful (very full) fecula, $\frac{1}{2}$ oz. butter, 1 whole egg, 1 table-spoonful double cream and kirsch.

Crush the almonds with sugar, add the egg, then the fecula, the cream, the melted butter and the kirsch, the paste must be very soft. Fill small boxes of plaited paper, put half a candied cherry and bake in moderate oven during 6 to 8 minutes, serve in the small boxes.

Senoritas. — 3 ozs almonds, $\frac{1}{4}$ lb. vanilled sugar, 3 whites in snow.

Crush the almonds and sugar in wetting with some drops of cold water, in order to have a soft paste which is mixed to the whites in snow. Garnish with this paste small paper boxes oval and plaited. Put half an almond on each and powder with sugar, then bake in moderate oven during 5 to 7 minutes.

Negritas. — $\frac{1}{4}$ lb. almonds, $\frac{1}{4}$ lb. sugar, $1\frac{1}{2}$ oz. melted chocolate, 5 whites.

Crush the almonds with sugar and wet them little by little with 2 whites, add the melted chocolate, mix the 3 other whites in very firm snow. Spread this paste with a paper sheet, giving about $\frac{2}{3}$ inch in thickness. Bake 10 minutes in moderate oven remove the paper. When it is cold, garnish with chocolate butter cream the half of this paste which is recovered with the other half. Glaze the top with chocolate melting, after it got firm in a fresh place, cut it in small squares with a knife soaked in warm water.

Square with pistachios. — $3\frac{1}{2}$ ozs almonds, $3\frac{1}{2}$ ozs sugar, 1 table spoonful flour, 1 oz. pistachios, $1\frac{1}{2}$ oz. butter, 2 whites in snow, 3 egg yolks.

Crush the almonds and pistachios with sugar and egg yolks. Add the flour, the whites in snow and the melted butter. Perfume with kirsch and reinforce the colour with vegetal green.

Garnish with sugared paste a square hollowed plate-iron, pick the bottom and spread a couch of $\frac{1}{5}$ inch of very reduced apples marmelade. Fill the box over with the mixture of almonds and pistachios and bake in moderate

oven on the top and warm in the underneath. Apricote and powder with chopped pistachios. Cut in small squares. In default of pistachios, sprinkle over some chopped grilled almonds.

Rurik. — 4 ozs almonds, 4 ozs sugar in powder, some drops of rum.

Crush the sugar and almonds and wet them little by little with the rum in order to have a very fine and firm paste which can be rolled with the hand. Cut it in pieces of size of small nuts and make small square galettes of $\frac{1}{2}$ inch in thickness. Glaze with white rum melting and put half a candied cherry on each.

Eugenias. — Same paste as above, replacing the almonds by hazels, lightly grilled and peeled; make round balls size of a "bille," glaze them with chocolate melting somewhat warm and roll them in granulated chocolate.

Sicilians. — Same paste as rurik, but crushed with kirsch instead of rum. Roll in small round balls in size of nuts glaze with pistachio melting and put half a pistachio over.

Maltese. — Same paste as above, added with 2 ozs finely chopped candied orange-peels. Make small round galettes of 1 inch diameter and $\frac{2}{5}$ inch in thickness. Glaze with orange melting and put a small round of orange-peel over.

Bourbonnais. — Same paste as rurik, but with a drop of coffee spirit in surplus. Make the paste in form of long olives, glaze them with coffee-melting and decorate with a grain of crystallized coffee (bonbons).

Nota. — As this will be seen, these last sorts of petits fours are not baked. They can be well kept owing to the alcohol entering in their mixture and are recommended for their rapid dressing.

Geneose petits fours with jam. — Very simple petits fours can be made in cutting different forms in geneose paste, and of which the middle is stuffed with jam or marmelade and the top glaze with colour and perfume varying according to the inside garnishing.

Montmorency. — Cut squared pieces in the geneose, separate them in two parts and put some currant jelly in the middle then with natural melting, make small balls size of large peas in rolling them with the hand, put on each square of geneose 4 small balls, first three and the other over, in the middle, then nap all with red reduced apricot, put around some grilled almonds in powder and when it is well cold garnish these petits fours in making at each corner a small leaf with the forcing-bag filled with pistachio cream. (See illustration of petits fours.)

Mignons. — Cut with the punching-press a little more than 1 inch diameter, somewhat thick pieces of geneose. With the apple-corer, size of pencil, somewhat cut the middle, but not entirely. Pick these pieces of geneose with a knife in the bottom and plunge them in a reduced and boiling apricot, reddened with carmine. Drop and roll around in crystallized sugar, but not on the top. With a paper cornet, put some kirsch melting in the hole in the middle.

Cosettes. — Cut the genoese in small square, separate them in oblique and stuff them with some raspberry jelly, glaze the top with white kirsch melting; apricote the round and put some finely chopped pistachio. (See illustration of petits fours.)

Apricot balls or Sponges. — Mix $1/4$ lb. almonds, $3\ 1/2$ ozs sugar and 1 table spoonful flour, vanilla. Pour this mixture in 3 whites in firm snow. Arrange in small choux as for the profiterolles on a buttered and floured plate-iron, sprinkle over some chopped almonds, powder with sugar and bake in moderate oven during 8 to 10 minutes. Join the two with apricot marmelade. Powder with glaze sugar.

Mariquitas. — Somewhat small macaroons in sponge paste on a sheet of paper, sprinkle over some chopped and grilled almonds moderate oven. (See illustration of petits fours.)

Beignets ananas. — Crush $2\ 1/2$ ozs almonds with $2\ 1/2$ ozs sugar, white of egg, vanilla, a spoonful apricot marmelade, a spoonful kirsch. Mix the paste, add 2 whites in snow and 2 ozs chopped preserved ananas, pressed in a cloth in order to eliminate the juice. Fill up to $3/4$ th small round boxes for petits fours, put a small ananas dice in the middle, powder with sugar and bake 10 minutes in very moderate oven. Same petits fours can also be prepared with other fruits : cherries, apricots, dates, etc...

Small tartlets with fruits. — Garnish very small moulds with sugared paste, pick them and garnish them moderately with choised fruits, either raw or cooked. Bake all together. Glaze the top with currant jelly or apricot, according to the fruit which is used.

Fanchonnettes. — Same dressing as for small cake of this name, but in petits fours moulds. (See illustration of petits fours.)

Tartlets with chestnuts. — Garnish small moulds in sugared paste and bake them. Fill these small croûtes with some purée of glazed chestnuts, mixed, in order it is not too hard, with a very thick cold syrup. Glaze the top with rhum melting and put in the middle some purée of glazed chestnuts strained through sieve and making vermicella.

Nadeges. — Bake small croûtes in Napolitean paste; fill them with very reduced apples marmelade, in dôme. Nap them with apricot jelly, reddened and sprinkle over some chopped pistachios.

Magalis. — Fill small croûtes in sugared paste with "ganache" cream. Glaze the top with a lukewarm chocolate melting, put on borders some powder of grilled almonds.

Colette. — Take small boxes in plaited paper for glazed petits fours, cover them with a cover of melted chocolate nearly cold and in somewhat good thickness (spread this cover with the end of finger and keep it thicker on border of small boxes). Put these "at cold." After $1/2$ hour remove the paper which is easily separated in order to have small boxes in chocolate. Then fill these bowes with ganache cream and sprinkle over a pinch of granulated chocolate. Very fine.

Petits fours with genoese and butter cream

Chocolatines. — Cut the ordinary genoese, baked the day before, in small squares, stuff it with a light couch of chocolate butter cream, mask the round and the top and adhere grilled almonds in powder. With the forcing-bag and a ribbed fancy-pipe, put some chocolate cream.

Mokatines. — Same proceeding as for chocolate, cutting the genoese with the round punching-press $1\frac{1}{5}$ inch diameter. Garnish inside and around with moka cream, then roll in crystallized sugar, put some moka cream in the middle.

Gitanes. — Cut small forms of rounds galettes in genoese with the punching-press of $1\frac{1}{5}$ diameter. Garnish the top with the forcing-bag, in form of sugar bread, with some strawberry butter cream or another perfume. When this cream is well firm, glaze the petits fours with a melting of another perfume and another colour than the inside cream, then with a knife plunged in cold water, cut this cream in the middle in separating somewhat the two parts for well showing the inside cream.

Aiglons. — Cut round of genoese, as for the gitanes. Garnish the top with the forcing-bag with coffee-butter cream, in form of cone. Glaze with white kirsch melting.

Spread and let get cold on a sheet of paper some chocolate cover; when it is well cold, separate the paper and cut in this chocolate very small lozenges, 3 of which are picked on the top of each petit four. This is very gracious, it is like the wings of wind-mill. (See illustration of petits fours.)

Small hams of Reims. — Cut somewhat thick rounds of genoese not quite 1 inch diameter, separate them in 2 parts, stuff them with pralined butter cream, cover the top and around and roll them entirely in very finely chopped and grilled almonds, in order to imitate bread raspings. Sprinkle over a very small "papillote" (curled paper).

Simone. — Cut somewhat thin oval forms in genoese, recover them with a small couch of purée of glazed chestnuts, then with the forcing-bag put some italian meringue for covering the chestnut. Sprinkle over the meringue, some almonds very finely and obliquely filleted, and then grilled. Put 3 minutes in oven for drying the meringue.

Martinique. — Squares of genoese. Garnish the top with coffee butter cream, adjoined with some almonds finely chopped with sugar and rum. Glaze with coffee and rum melting and put 3 grains of crystallized coffee on the top.

Glazed petits fours with almonds and cream

Berrichons paste. — $\frac{1}{4}$ lb. almonds in powder, $\frac{1}{4}$ lb. vanilled sugar, 2 table spoonful (not very full) flour, 4 whites in snow.

Whites in well firm snow, mix the almonds, sugar and flour. Put with the forcing-bag on a buttered and floured plate-iron small forms like small macaroons or long as "langue de chat." Hot oven during 7 to 8 minutes. These biscuits are used for making the more fine petits fours.

Colombines. — Garnish with kirsch butter cream small rounds forms of Berrichons, putting the cream in pyramid, on the top place a piece of candied cherry and glaze with very light kirsch melting, in order that the cherry is seen. (See illustrations of petits fours, page 589 and followings.)

Clémences. — Garnish with coffee-butter cream long forms of Berrichons and glaze them with coffee. Put on the middle a seedling of grilled almonds

Sultanes. — Garnish round form of Berrichons with pralined coffee-butter cream. Put it in border of form, in crown with the forcing bag, leaving a hole in the middle. Glaze with coffee melting and put in the middle some quince or currant jelly. (See illustration, page 589 and followings.)

Suédois. — Garnish long forms of Berrichons with butter or chocolate cream, with the forcing-bag. Glaze with chocolate melting and put half a pistachio over.

Nota. — These petits fours must always be kept in the refrigerator during a long time before the glazing, in order that the butter cream is well firm and in order that when the lukewarm melting is poured on this cream, it is immediately fixed when cold.

Minerves. — With Berrichons paste, prepare on a buttered and floured plate-iron with the forcing-bag and a smooth fancy-pipe, of medium size, sorts of small oval macaroons, somewhat long and bake them in oven, with moderate heat, during 7 to 8 minutes. When they are cold, garnish them on the top in dôme with a fine butter cream mixed with chopped nuts, put on the dôme, a piece of nut, let the cream get firm in a fresh place, entirely glaze with coffee-melting.

Chocolate délicieuses. — Prepare somewhat large oval forms in Berrichons paste, hollow them when baked in pressing in the bottom with the thumb, garnish them when cold with coffee-butter cream and glaze them with a chocolate melting. They are garnished in the bottom, in the hole and are served when returned.

Délicieuses with coffee. — Same as above, but garnished in the contrary with chocolate cream or ganache cream and glazed with coffee-melting.

Caprices. — Round forms of Berrichons garnished with reduced apple marmelade, apricote the top and sprinkle chopped or grilled almonds.

Petits fours in choux paste

Carolines. — Under this name, small éclairs in choux paste are called, not greater when baked as the small finger. Perforate them on one end with a pencil and garnish them with the forcing-bag, either of whipped cream, either with éclairs cream, glaze them as the large. Arrange them in small boxes of paper.

Salambos. — Make with choux paste, small balls with the forcing-bag and bake them in hot oven. Garnish the inside either with whipped cream, either vanilled pastry cream, then soak the top in sugar cooked "at crak" and immediately adhere chopped pistachio.

Pralined suprêmes. — Arrange small choux as for the Salambos, glaze the top with beaten egg, sprinkle some almonds, very finely chopped and some sugar. Hot oven. Garnish the inside with pralined butter cream and sugar the top with glaze sugar.

Ninis. — Oval choux. Garnish them with pastry cream, added with chopped candied fruits, glaze with white kirsch melting and put half a candied cherry on each.

Japanese. — Make small choux as for the Salambos, bake them without almonds on the top, garnish them with chocolate butter cream and glaze the top with chocolate melting. Put half a grilled hazel on each.

Pompadours. — Prepare the choux-paste like small comma. Bake in hot oven and let them dry. Garnish them with chestnuts cream, and glaze with rum melting. Put half an almond over.

Tyroliens. — Small choux covered with chopped almonds and baked in hot oven. Garnish them with almond or rum cream, as Pithiviers cream, and powder them with glaze sugar.

All these petits fours are served in small boxes.

Petits fours in meringue

Meringuettes. — Make very small shells of meringue, join them 2 per 2 with butter cream of any perfume.

Chocolate "Lady fingers". — Italian meringue in which when the cooked sugar is mixed, 1 1/2 oz, cacao in powder and 1 3/4 oz, soft glaze sugar are added. Put this paste on a buttered and floured plate-iron with the forcing-bag in small sticks, size of "langues de chat." Bake in very sweet oven, half-opened, during 10 to 12 minutes. Separate when baked.

Coffee "Lady fingers". — Prepare an italian meringue in baking the sugar with very strong coffee instead of water, add then in the paste 2 ozs glaze sugar, same proceeding and same baking as above.

Mushrooms with kirsch. — With the cooked meringue, put on a buttered and floured plate-iron, like small macaroons (which would form the heads

of mushrooms) put an equal number of small pyramids of same meringues. (for making the feet).

Powder all with rasped chocolate or in powder in order to imitate the earth and bake 5 minutes in stove or in very sweet oven. Separate when baked and lightly hollow the heads in the bottom. Fill this hole with some kirsch butter cream for fixing the parts which form the feet. The imitation is perfect.

Coquettes with coffee. — Cooked meringue in which some drops of coffee spirit are added, put on a sheet of paper very small meringue, not larger than half a nut. Put the sheet of paper on a very wet plate-iron and bake in very sweet oven during 7 to 8 minutes. When they are baked, join these two meringues two per two with a piece of candied cherry on the middle. Wet the plate-iron in order that the bottom remains soft.

Rock cakes with fruits. — Mix in a casserole 3 whites of eggs and 5 ozs glaze sugar, dry this paste in sweet fire until it does not spread, add 4 ozs chopped candied fruits, macerated in kirsch and arrange them on a buttered and floured plate-iron, bake in very sweet oven, not dry them. Some chopped almonds can be put instead of fruits.

Various petits fours

Cyranos. — Crush 5 ozs almonds and 5 ozs sugar with a white of egg, added little by little and a spoonful rhum, then a spoonful flour. The paste must not be soft. Butter small boat moulds, powder them with fine almonds and fill them in well regularizing the top. Recover with a thin couch of royal glaze for glazed matches and bake in moderate oven, very sweet on the top for caramelizing the glaze. Put the point of a knife around for demoulding this with care.

Paula. — Paste for "langues de chat" arranged in form of small macaroons. Very hot oven. Join them 2 per 2 in putting in the middle moka butter cream. (See illustration of petits fours.)

Pot-pourri. — Tartlets in sugared paste, baked when dry, garnished with following preparation: remnants of biscuit or genoese, some apricot marmelade, some rhum, some chopped candied fruits, some chopped orange-peel, well mixed with a fork in order to have a soft purée. Fill the croustades glaze the top with rhum melting, decorate with a Corinthian raisin.

Bayadères. — Garnish small bucket (godet) moulds with sugared paste, pick them and garnish them with raw rice in order to have small croustades. When baked, empty them and when they are well cold, fill them with a jam of red currants of Bar, and put a small lace of vanilled butter cream around.

Marinettes. — Prepare small hollowed tartlets with sugared paste, bake them "at dry" and fill them very copiously with apple marmelade, very reduced, nearly a paste. Garnish them with warm apple and let them get

cold in order it makes a skin over. Glaze with a rhum melting and put a grain of Smyrna raisin in the middle. This skin of apples prevents the melting of rapidly melt.

Nota. — As the petits fours are concerned, the tartlets or small boats are prepared in very small moulds, called "for petits fours" which are not expensive and are really useful.

Calissons of Aix. — Delicious speciality, prepared by the pastry-makers with syrup used for their candied fruits. Crush 1/2 lb. almonds with 2 ozs sugar and some water. Prepare a syrup with 1/2 lb. sugar and 1 1/2 tea cupful water 24° R. at the saccharometer. Mix with almond paste, add orange-flower and dry all on small fire until that a thick paste is obtained, which is spread on a sheet of host (hostie) as for the nougat. Let it get cold, recover then the top with matches royal glaze, cut with the smooth oval punching-press, soaked in glaze sugar at each time and bake in sweet oven during 15 minutes.

NOTE OF AUTHOR

The illustrations of petits fours contained in this book are principally placed for well showing the neatness which must always be the rule in the dressing of these small things which have a charm for the eyes and as well for the palate. We must draw the attention of our readers upon the care they must bring to this work which can be made in advance. We recommend not to reinforce the colouration of glazing, very light rose and pistachio green are only permitted, the showy colours are not in favour.

There are several sorts of sweets and bonbons which can be made by the housewife and the young girl, not difficult, not expensive and which will always be appreciated while being not so net as those of great pastry-makers or confectioners, principally as home made.

We specially recommend the almond paste as if we have no crusher, the almonds can be rasped with the cheese raspe or even powder of almonds can be bought in trade, which would simplify the work.

The petits fours, sort of almonds Aboukir, do not want baking, they are made with the hand and soaked with caramel sugar, this paste is kept in a fresh place during a long time and is only glazed with sugar some hours before being eaten; the only enemy of these petits fours with cooked sugar is the wetness.

SIMPLE CONFECTIONNERY

(See illustrations of petits fours.)

Soft caramel with chocolate. — Proportions : 1/2 lb. sugar in powder, 1/2 lb. fresh double cream, 2 ozs cacao in powder, 2 3/4 ozs glucoas or honey.

Mix all in a copper pan, not tinned. Mix on fire and cook somewhat rapidly in order that the syrup does not come over. Mix from time to time in order this does not paste. Wash several times with a brush the borders of pan, over the syrup in order to avoid crystallization. Cook "at blow," (see cooking of sugar) and pour the caramel on an oiled marble, where for preventing it to spread, it is maintained between 4 rules of wood, also oiled. Let get cold, nearly entirely, cut in small regular squares. (See illustration.)

Soft caramels with coffee. — Same proportions and proceedings as above in replacing the cacao by some coffee spirit.

Milk caramels. — Same proceeding. Replace the cream by a cupful condensed milk or even fresh milk. Then add 2 ozs butter or cocoa for giving the necessary softness.

Vanilla caramels. — Same proceeding but perfuming with a clove of vanilla.

Kanougats. — Melt without water, with caramel, 1/4 lb. sugar in powder, add 3 1/2 ozs cleaned almonds, well dry. Pour all on an oiled marble, when cold, separate the nougat which is crushed and strained through tammy.

Cook 1 lb. sugar, 3 1/2 ozs glucosa and 1 lb. double cream, as for chocolate caramel. Add the nougat which is kept warm and pour in a thick couch of 1/2 inch, in an iron frame placed on an oiled marble. When cold, cut in small squares.

How to cut the caramels. — Make incisions with the knife when the paste is somewhat lukewarm, let it get cold and cut without pressing the caramel, with the knife, not in proceeding as for sawing, by movements from before to behind. Put on grill without touching them.

Volontaires. — Small lozenges of coffee caramel soaked in chocolate cover.

Stuffed chocolate bonbons (called Crottes de chocolat). — Very vanilled melting, rolled in balls, size of hazels, let them dry in the air for having a croûte and soak them in a chocolate cover. Let them get cold most



Fig. 357. — Glazed Geneose, glazed cherries white and rosy, Montmorency, Geneose with glazed hazels.



Fig. 358. — Frost dates, coffee caramels, glazed rosy raisins, chocolate caramels, white glazed raisins, glazed black currants with brandy (see petits fours pages 585 and following).



Fig. 359. — Glazed petits fours with melting : Rosy Marquise cherries, Colombines, withe Marquise cherries, ananas petits fours.



Fig. 360. — Paula, disguised chestnuts, crystallized fruits, imitated potatoes — (see petits fours pages 585 and following).



Fig. 361. — Religieuse cake (see page 565). — Fig. 362 — Russian Charlotte (see page 647).



Fig. 363. — Mushrooms bucket (see page 552).



Fig. 364. — Cake for the First Sacrament or for a wedding (see page 564).

rapidly, in putting the bonbons in a draught. Some pralin can be mixed to the melting.

Some melted chocolate can also be mixed or the melting can be coloured in rose or green, or coffee, with assorted perfumes.

Marquissettes. — Crush or rasp $\frac{1}{4}$ lb. almonds, mix them with $\frac{1}{4}$ lb. glaze sugar, $\frac{1}{4}$ lb. rasped chocolate and mix all with 1 or 2 egg yolks, in order to have a paste which is cut in large hazels, rolled in balls and put in rasped chocolate. Let them in a fresh place during 2 hours or more.

Noisettines. — Crush or rasp $3\frac{1}{2}$ ozs hazels lightly grilled and peeled, in adding 1 or 2 spoonful rhum. Then mix with $3\frac{1}{2}$ ozs crystallized sugar and prepare a paste in adding a drop of water, if too dry. Melt $\frac{1}{4}$ lb. chocolate with 3 spoonful water, soak small balls of paste therein, put then on a dish and let them 3 hours in a cool place.

Brésiliennes. — Rasp or crush $3\frac{1}{2}$ ozs almonds with some rhum and some drops of coffee spirit, add $\frac{1}{4}$ lb. glaze sugar, $\frac{1}{4}$ lb. rasped chocolate and 2 spoonfuls of milk coffee. This paste must be rolled in the hands for making small round balls which are then put in granulated chocolate (or rasped). Keep in a fresh place some hours before serving.

Stuff chocolates. — Prepare very fine bonbons, in melting chocolate cover "at dry" or in default very good chocolate with enough water to be melted and to remain thick. Buy small assorted pastes of fruits and soak them in this chocolate. Put them on a white paper and separate them after coolness which is very slow if we have no cover.

Chocolated nuts. — Crush 5 ozs cleaned nuts if they are fresh, with 5 ozs glaze sugar and sufficient water for making a soft paste, cut it in balls in form of nuts and give this form. Cook 5 ozs chocolate with 3 spoonful water, soak the nuts and roll them in powder of chocolate. The cover better replaces the chocolate.

Diavolos or masked almond pastes. — All sorts of fantasy can be soaked in the cover, cut the almond paste in several parts which are differently coloured and give various forms, either olives for green paste, small balls or croissants, small squares or lozenges. Put them on a paper and let them get cold very rapidly. Perfume each part differently.

Masked hazels. — Grill nice aveline hazels, clean them in scrubbing between the hands and when they are cold, soak them in chocolate cover.

Masked pistachios. — Proceed in the same way with cleaned pistachios (not grilled) and well dry.

Chocolate pastilles. — Melt chocolate cover and when it is nearly cold and somewhat thick, let fall large drops on sheets of paper and quickly render them cold.

Easily drop the pastilles, in using a paper cornet.

Royal Montmorency. — Drop on a grill nice brandy cherries and let them dry during 2 hours, without being exposed to a strong heat. Then soak them in chocolate cover and put them on the paper.

Griottes with kirsch. — Drop brandy cherries, dry them as above and soak them first in a very perfumed kirsch melting somewhat hot and thick, in order that the cherry is well recovered, put them on plate-iron powdered with glaze sugar and when they are well dry, soak them in chocolate cover.

After 24 hours, the melting is liquified and when eating the chocolate the mouth is filled with kirsch liquor.

Parisian nougat (called brown nougat). — $1\frac{1}{2}$ lb. sugar in powder, 7 $\frac{1}{2}$ ozs chopped almonds, very dry, some drops of lemon juice.

Melt the sugar in powder, without water, in a copper basin placed on the fire until it is a golden caramel; add then juice of lemon and chopped almonds, strained through sieve for keeping the too fine part. When the mixture is operated on the side of fire, pour the nougat on an oiled plate-iron and put it in stove, in order it remains malleable when used.

Virginias. — Nougat cut in small lozenges and plunged in chocolate cover.

Timbales of nougat. — Oil babas moulds, put a somewhat warm piece of nougat which must garnish it in half, keep the mould with a cloth as it is rapidly warm, pick with a piece of round wood, somewhat large and plunged in cold water, press in the middle of nougat, make a movement of rotation for making the nougat thin, letting it rise up to the top of mould, maintaining in the bottom and a round about $\frac{1}{10}$ inch in thickness. If the nougat is perforated put a small hot piece which would close the opening. Wet the wood several times, ascertaining that the nougat does not paste to the mould in putting a knife around. Cut the nougat up to the edge and demould when entirely cold. These timbales can only be made one by one; during this time the remnants of nougat are kept warm on an oiled plate-iron at the opening of oven. Small moulds are prepared in this way, size of thimble.

Chantilly Breakfast (Original sweetmeat). — Prepare number of necessary timbales as above and also garnish same number of tartlets in somewhat large mould with this nougat which is spread with roller by small heaps which are put on an oiled mould. Well put it and cut the exceeding parts. With remnants of nougat, cut in small parts which are rolled with the hand make small S which are pasted with some melted sugar on the side of timbale for making small cups of which the tartlets are the saucers. Serve these cups of nougat filled with various things, either Chantilly, jelly of fruit, strawberries. etc. This is very nice and agreeable and not so difficult as it seems. The small handles can be made with cooked sugar. (See illustration, page 619.)

Tartlets of nougat. — Spread some brown nougat with the roller and cut it in small rounds which are put in very small oiled tartlet moulds. Cut the exceeding part while the nougat is still warm and garnish these tartlets, either with some butter cream or a glazed candied fruit with cooked sugar.

Cherries Marquises or masked. — These are brandy cherries which are soaked in a white kirsch melting or lightly rozy. Put them on a marble covered with sugar, for getting cold. (See illustration of petits fours.)

Cherries, white with frost. — Dry the brandy cherries, soak them in a liquid Arabic gum, drop them and roll them in crystallized sugar. (See illustration.)

Currants and black currants, white with frost. — Proceed in the same way for currants and black currants, but it is not necessary that the fruits are first macerated in brandy, fresh fruits can be used.

Preparation of Arabic gum. — Take 2 ozs Arabic gum which is put in a small pan with water in sufficient quantity for being well recovered, put in bain-marie until the gum is entirely melted, which is very long. Soak the fruits in the hot gum and well drop them.

Glazed oranges in slices. — Peel the oranges and separate them in slices, for carefully keeping all the white skin, put them upright in a tammy without touching them and dry them somewhat over the fire. Cook in a copper pan some sugar "at crack" in which the slices of oranges are plunged one by one, in keeping one end with the end of fingers, somewhat brush the bottom on the border of pan for removing the exceeding part of sugar and put them on an oiled marble. When they are all soaked, take them for soaking the end which was kept. If the oranges are picked with a knife or a needle, the juice is coming, it comes between the fruit and sugar and the latter is rapidly melted. If the sugar is cold and becomes too thick before all is terminated, it can be warmed as often as necessary, but it has a more pronounced tint.

Glazed mandarin-oranges. — The same way as for the mandarin-oranges, either in slices, either in whole. In this last case, tails and leafs are generally prepared in sugar, rendering the sugar green, but this wants some practice.

Cherries with caramel. — Proceed as for the oranges, but let them well dry. Also soak in this sugar the currants or black currants, always well dried.

Glazed Physalis. — Use the delicious and gracious fruit of the alkekenge which is presented under the form of a small lantern. Rise the tail of fruit which is separated and in keeping it by the tail soak it in cooked sugar or melting, or even in chocolate cover. It is very gracious and very simple to make.

Petits fours with melting almond paste

(See illustrations of petits fours, page 590.)

Almonds Aboukir. — Melting almond paste, of tender green tint. Cut in small pieces which are rolled with the hand and give the form of green almond. Cut on one side and introduce a well cleaned and dry almond.

Arrange this paste, flattening it for well giving the form of green almond (the almond must remain well visible). Then plunge in sugar cooked "at crack" in picking them with the point of a knife and putting them on an oiled marble.

Half Aboukir almonds. — Roll in large sausage a piece of green almond paste and use it for surrounding a great half of almond, arranging it well with the hand in order that the almond is well incrustated in the paste. Also soak them in sugar cooked "at crack."

Almonds Molière. — Melting almond paste, reddened with carmine and having the form of large olives. Cut them and introduce a whole almond. Plunge them in cooked sugar.

Stuffed nuts. — Join the two halves of nut with a ball of melting white or coloured almond paste. Soak in cooked sugar.

Stuffed dates. — Make an incision on the side, remove the stone of dates. Stuff them with an olive made with melting almond bigger than the stone overflowing the date. Plunge them in sugar "at crack."

Stuffed plums. — Same proceeding as above. Select the plums well soft, but raw.

Stuffed Malagas. — Remove the pips of two nice Malaga raisins and stuff them with a small ball of rosy melting almond paste which keeps the raisin open. Soak in cooked sugar and paste them 2 per 2 on the side which is not open.

Stuffed cherries. — Same proceeding as above with white almond paste.

Nota. — All sorts of fruits or pieces of candied fruit can be stuffed in this way.

Imitated fruits and vegetables. — With melting almond paste, make with the hand either pears, apples, carrots, radishes, small peas, etc... and very nice assorted plates are obtained. These petits fours can always be glazed with cooked sugar, and further put in small boxes.

Melting frost almond paste. — All the petits fours can be soaked in Arabic gum and rolled in crystallized sugar, this is easier and also very appetizing. Example : Frost dates. (See illustration, page 603.)

Truffles in surprise. — Soft pralin paste, cut it in small balls which are soaked in chocolate cover, not too warm, drop them well and roll them in granulated chocolate.

Small truffles of Chambéry. — Mix 1/2 lb. pralin in powder with 1/2 lb. chocolate soft in warm, 1/2 lb. melting and 6 1/2 ozs fine butter. This is a sort of paste which is cut in pieces. Put them during 1 hour in a cool place, roll them quickly with the hands for making them round and then put them in cacao in powder mixed with sugar or in rasped chocolate. Keep them in a cool place until the time of serving.

Berlingots. — Cook sugar "at crack" for glazing some petits fours and when a certain quantity remains, very good berlingots can be prepared.

Perfume with some mint or absinthe, colour them with some vegetal green and pour them on an oiled marble, with the also oiled fingers, work it (when it is not too warm), in rendering it long and plying it at different times, until it is sufficiently malleable. Make a sausage, size of finger, well regular, then cut it with the scissors in small pieces.

Pralines. — 1/2 lb. not cleaned almonds, 2 lbs sugar in pieces, a clove of vanilla.

Select nice almonds which are wiped, bake "at large bowl", 1/2 lb. sugar with the vanilla and pour the almonds, stir all with spatula, on the side of fire, until the sugar "turns" and whites over the almonds and when sort of sand is formed in the bottom of basin. Then pour the almonds in a sieve with large holes for eliminating the dust of sugar; put this in a basin with 1/2 lb. new sugar, vanilla and some water, then cook the second sugar "at blow."

Separate the almonds which are pasting and when the syrup is ready, put the almonds in the basin and turn them with the spatula, always in the same sense. Each cooking of sugar is called: "donner une charge." The same operation is done until the pralines are sufficiently large, but in never putting a weight of sugar exceeding the initial weight of almonds (i. e. 1/2 lb. in this case). 2 lbs of sugar can be exceeded if very large pralines are wanted. When 4 "charges" are obtained, the smaller are selected and some sugar is re-cooked with carmine for giving a "charge" with red sugar and in this way white and red pralines are obtained. The important thing is to recognize the degree of sugar cooking. For obtaining them brilliant, cover them with Arabic gum and dry them "in stove" (à l'étuve).

Mint pastilles. — Mix 5 ozs sugar in powder, not deglazed, with some drops of water which are added little by little in working strongly the preparation with a spoon until a soft paste is obtained, making a block, then add 1 or 2 drops of good mint spirit, warm this paste, placed in small parts in a special pan, called "for pastilles," until the finger can no longer be kept in. Fall them drop by drop on an oiled plate-iron, as the paste is coming through the beak of pan in using a knitting-needle. Only separate the pastilles from the plate-iron when they are cold.

Hard mint pastilles. — Cook the sugar "at blow," let it apart from fire during 3 minutes, stir in round with spatula, when it becomes troubled, add the mint spirit and make the pastilles which are easily detached, are very hard and of long keeping. They have the appearance of those found in the chemist shops.

Glazed chestnuts. — Take 4 lbs of nice chestnuts the first skin of which is removed. Put them in a sieve with large holes, of copper in preference and plunge them in the jam basin filled with cold water to which some flour is mixed. Put them on sweet fire for making a slow ebullition, but not exceeding this point. Let them at this temperature during about twenty minutes, keep the first water and replace it by another prepared in this way and also boiling,

in order that the chestnuts have not the time to get cold, terminate their cooking during 1 hour, always without boiling. For ascertaining their cooking, pick them with a pin which can easily enter.

Remove them one by one from water and clean them with care without damages. Put them in a copper basin in which a very vanilled boiling syrup is prepared, of 20° R. of weight to the saccharometer and in sufficient quantity in order that the chestnuts are entirely bathing. Put the basin on a gas-stove, with feable flame in order that syrup never boils, do not cover the basin in order that when the evaporation is produced it becomes thicker. This is naturally very long, 24 hours are even necessary. The chestnuts are recognized to be sufficiently candied, when a thin croûte is formed over the syrup. It must weigh at that time between 34 and 36 degrees.

Drop the chestnuts and let them get cold on grills.

Disguised chestnuts. — Bake with light sugared and vanilled water 1 lb. skinned chestnuts, drop them and strain them through fine tammy. Mix with this purée 10 ozs cooked sugar "small crack and work until coolness."

Then cut the paste in small balls having the size and principally the form of natural chestnuts and roll them in the hands powdered with glaze sugar. Bake then "at large crack" 12 ozs sugar in pieces, melted with some water and added with a spoonful glucosa. When the sugar is well cooked, add 1/4 lb. chocolate, melted with some water. Delicately mix the chocolate in the cooked sugar in turning with a trussing needle, well clean and when the chocolate has diluted the sugar of 2 or 3 degrees, let it come on fire to "large crack." Then pick the reconstituted chestnuts with a small knife which is plunged in the thick side and soak them in the cooked sugar, but leaving the top uncovered in order to imitate the "culot." Drop them a moment and put them on an oiled marble. When they are cold, the cutting made by the knife is disguised in rapproaching the paste with the finger.

They can also be picked with small skewers of wood and when soaked in cooked sugar, introduce these skewers in the holes of a returned sieve. (See illustration of petits fours, page 604.)

Candied angelica. — Cut and clean nice sticks of angelica, cut them to equal length and soak them during 1 or 2 hours in cold water.

Cook them in water and when they are tender, drop and keep them in fresh water during a night. Then make a syrup with sugar, water and glucosa, of 20° R. weight when boiling, and sufficient to bathe the stick. Add the dropped angelica and stew during 5 minutes, remove these sticks and put them in an earthenware dish or basin. On the following day, cook again the syrup for giving 2 or 3 degrees in surplus and pour it on the angelica. Operate in this way all the days in re-cooking the syrup until a croûte is formed when cold.

Warm all together, drop the angelica and let it dry (in keeping it in the syrup it remains softer).

Candied orange or lemon peels. — Soak the peels during several days in water. When they become soft (water has been changed every day), drop and cook them in much water during 2 hours. Let much cold water flow

and drop them, put them in a syrup in proceeding as for the angelica. Drop and dry it keep them in syrup. In order to have candied orange all remnants of cooked sugar or melting, used for previous dressings, can be used, except as regards the chocolate.

Peels of melon or candied cedrate. — Same proceeding as above; the melon giving much water, put the first syrup at 25° R.

Salted almonds. — Put the freshly cleaned almonds in a clean cloth and well wipe them, lightly beat white of an egg, simply for scrambling it, wet the almonds placed on a hollow plate-iron with this white of egg in order that the fine salt which powders them is well adherent, and that they are covered with a small frost croute. Put the almonds in very sweet oven and stir them when they become yellow. They must only be lightly brown, no more.

Hazels, pieces of nuts can be prepared in this way, the hazels will be first grilled in order to remove the skin.

Chocolate cigarets. — In order to have small hollow cylinders in chocolate, form and size of ice cigarets, it is necessary to melt in very sweet heat 7 ozs cover of chocolate of good quality, spread a thin couch on a marble regularize it with the pallet, let it get cold and when, pressing with the hand, the chocolate does not adhere, take a somewhat large knife, keep it right in sense of vertical, scrape the top of cover in keeping the blade with the two hands; the top will be separated and will be rolled on itself in small pellicules. When the cover is too cold, it would break and would not be rolled; in order to avoid this, some makers use a very small quantity of glucosa. The broken or unused cover is melted again. These cigarets are used for decoration of Guayaquil cake. (See illustration, page 539, Guayaquil cake.)

The Tournon (Spanish confectionery). — Skin 5 ozs almonds, wash them and let some water flow over them during 1 hour. Reduce them in paste, in crushing and sprinkle over some drops of water in order they do not become oily.

Then cook 12 ozs "at small blow" with a clove of vanilla, pour the almonds and stir with spatula on moderate oven, until the paste is well detached from the casserole. Garnish a square mould with bread "azyme" (hostie), pour the paste over in pressing, recover with a second sheet of host (hostie) and let it get cold under pressing, for keeping it further to the desired sizes. This is in reality our melting almonds paste.

Huevos Quimbos (Eggs Quimbos). — This is a recipe of confectionery made in the Spanish South America.

Beat 12 egg yolks until they are well foamy, add delicately "in order they are not fallen" 1 oz. flour which is poured in rain. Use this paste for garnishing moulds for poaching the eggs, cook them in this way, prepare a syrup perfumed with vanilla and of weight of 28 to 29°. Put the Quimbos in the boiling syrup and press them with the skimmer during a few seconds, in order to keep them plunged in the boiling syrup.

When the Quimbos are cooked in the syrup, remove the syrup from fire and let them get cold therein. When cold, put the Quimbos in a bottle or serve them in a marmelade-dish, but keeping them fully covered with syrup in which they can be kept for a long time (following J. Lasserre).

PROFESSIONAL CONFECTIONERY

In this new edition of "own modern culinary art," we give some pages to the artistic confectionery and this at demand of several buyers of the first edition.

In publishing this book, we have only thought of the wife, the housewife or the cook, from the maid to the great cook, but the success of our book has reached the hôtel, the restaurant or the great house having chefs and aids. The latter have asked us to give some indications in order to increase their knowledge and their talents. This is the reason why this edition, increased and completed, possesses nice pieces in nougat, sugar, flowers, etc., etc... which would remain the appanage of the virtuoses of culinary art.

This must not frighten the housewife who will always find the daily cookery and the fine small dishes, correctly prepared for the days of reception, all cookery remaining in the point of view of cookery at home.

Croquembouche. — This can be made either with oranges glazed with sugar or small choux in choux paste, also glazed with sugar. The sugar is cooked (11 ozs) with half a glassful water and a spoonful glucosa until it becomes yellow, remove it, soak therein slices of oranges carefully cleaned and dried or small choux somewhat cooked dry; arrange them in pyramid, in pasting one to the other, always in cooked sugar kept, well warm, in using, for giving the form and size of the inside of an oiled charlotte mould. Terminate arranging the croquembouche in pyramid, pressing the last ranges in order that they are terminated with 2 or 3 small choux or slices of oranges. This is a somewhat difficult dressing which must be first seen.

The croquembouches which are very old "entremets" are used as they are, but it is better to stuff the choux with cream or to garnish the inside of this "pièce montée."

If the croquembouche is made with small choux glazed with sugar (as for the Saint-Honoré) and further arranged in pyramid, this takes the name of "Duchess". (See illustration, page 619.)

Christmas shoe. — With 1/2 lb. sugar in powder and 1/2 lb. chopped almonds, well dried, make a parisian nougat (see page 608). Keep it warm, oil the two parts of a sabot mould, spread with the oiled roller a piece of this nougat on the oiled marble, give the form of a half-mould and put it therein.

A quick operation is necessary as the cold nougat would become hard and would not be malleable.

Cut the nougat at the edge of mould and make the two halves well regular; join the two parts and with warm nougat put in the inside of sabot, well attach the two halves, let get cold and remove from mould; if there are holes, close them with warm nougat. The remnant is spread in a small board of sufficient size for putting the sabot over and it is pasted with caramel sugar.

This sabot is then garnished with oranges glazed with cooked sugar, also glazed fruits, almonds pastes (see Aboukir almonds, page 609), etc... all graciously arranged in pasting the parts with caramel. Surround the sabot with a crown of filleted sugar. (See illustration, page 620).

Swiss basket in nougat. — With parisian nougat, very nice pieces can be made, as Swiss basket with two moulds : the body of basket and the foot. The basket can be made in two or three parts of nougat but it is difficult to spread and manipulate a somewhat large quantity for garnishing the mould in one time, but in using it always very warm the joining cannot be seen; the two pieces are pasted with caramel sugar after their cooling.

The handle is in twisted sugar, the ribbon in spun sugar, and the covers in sugar made with spoon.

First prepare the glazed fruits which must garnish the basket; they are as for the Xmas 'shoe : slices of oranges, candied fruits, melting almond paste, brandy cherries, all things given in the respective chapters.

When the fruits are glazed, the cover can only be made. Make, with a pencil on a border of a marble the sizes of these covers, in taking basis the width of basket in the middle; with a ruler make lines with pencil in crossing them correctly, put some oil on this space and when the cooked sugar is somewhat cold, somewhat thick, but also sufficiently warm to be flowed, take with a silver spoon, keeping the pan with the left hand, let the sugar flow at somewhat high distance, following the lines, first in one sense and then obliquely. It is well understood that some sugar is taken when it is too cold and when it does not flow regularly.

Put two or three times this sugar around, i. e. on the borders of cover for ascertaining its solidity. Separate it delicately and put on a plate iron, prepare the second side in the same way.

This is not difficult, but only minutious.

Cook sugar "at small crack" for making the ribbon and the handle as stated in the following recipe.

Prepare in advance about a dozen of éclair croûtes in choux paste and well dry. Make various lengths and glaze the top with sugar, at the same time of fruits, then proceed with the dressing. First paste the handle, in the middle of basket, paste upright and incline the two covers and maintain them correct with some éclairs which are in the bottom against the nougat and on the top against the cover.

Paste the fruits with sugar, over the éclairs and the basket will gain in lightness as these fruits are dull and so a smaller quantity is necessary.

Some reeds in green sugar, spun with the paste, pasted from part to part are very nice and render the piece lighter. In the end, the sugar is

spun which is surmounted with a tie made with same sugar. (See illustration, page 620.) We give hereunder the method for proceeding to the work of sugar, either spun, or twisted, ribbon, roses, leafs, etc..., etc...

Basket of roses in sugar. — For making this basket a sort of carcass is necessary which replaces the necessary moulds. They are simply sticks of wood or iron, size of pencils which are going in a board garnished with holes for receiving the sticks. This board is combined for making two or three pieces of different sizes, there i. e. are two or three ranges of holes and these holes are always in an uneven number, 15, 17, 19, this is indispensable.

The sticks are oiled and also the board, the sugar is cooked as stated before; 14 ozs sugar are necessary for making the basket and the handle and the cooking is called "at small crack" (see page 518.) The sugar must not be so cooked as for soaking the slices of oranges, but nearly; if it is too cooked, it becomes hard when cold and cannot be worked, but if it is not enough, it remains soft and cannot keep the form.

Spun sugar

When the sugar is cooked, remove it from fire and wait until it does not boil and makes no bubbles. Pour it on an oiled marble and let it somewhat get cold, with a knife take the borders near the middle, several times, until when thick, it can be kept with the two oiled hands (it is always very warm) and it can be spun; ploy it and put it on itself, always in this way until when very white and like satin, the sugar is ready and malleable as a firm paste. It is well white unless carmine or green has been mixed.

How to tress the basket

First put the sugar around the handle of a skimmer and keep it warm by an aid over the stove or gas, not too strong, then keeping one end of sugar, render it long in wire drawing it in round or flat, between the thumb and forefinger, in giving to this ribbon a width and very regular thickness, put it between the oiled stands before and behind and it is for this reason that an uneven number is necessary.

Begin from bottom to the top of basket and this is not so difficult as it is thought. When on the top, a big twist is made for terminating the upper part. Some red or rosy sugar can be re-cooked for making this twist in a different tint, as all fantasies are permitted.

Twisted sugar

A handle can be made with this same white or rosy sugar, with a somewhat large twist, join two sausages of sugar, well regular, of size of small finger and regularly twist them; curve this twist giving in basis the space correspon-

ding to the width of basket and let it get well cold on a marble. For well working this sugar, it is sometimes necessary to maintain it over heat. Then prepare sticks in sugar, well right, replacing those in iron which are delicately removed without touching the basket and the sticks in sugar are slid which have another colour. It is better to cook the sugar in two times, as before all is terminated it would get cold. This gives two colours. For the bottom of basket, pour on the oiled marble the remnant of sugar lightly caramelised in maintaining the necessary size with a proportionate oiled tart circlet.

How to make the roses in sugar

When the basket, is made cook again 7 ozs sugar for making the roses, colour in red, rose, rose-tea, if coloured flowers are wanted or leave it natural for making the white flowers (the rose-tea is obtained by a mixing of carmine and yellow in paste "Breton"). Same degree of cooking, same dressing and when the sugar is like satin, make the roses; they are made petal per petal and are further arranged; it is very difficult to give explanation of this work, the best is to have before ourselves a natural or artificial rose and to imitate it. For obtaining a petal, render some sugar thinner between the thumb and forefinger and work it with the thumb, which gives the form of "conch"; make smaller for the middle of flower and greater for the last petals; a small ball of sugar in the center and delicately paste the petals in warming the basis, a moment, at the gas.

Make roses of middlesize and in the desired quantity, make the tails and leaves with cooked sugar, greened with vegetal green. The leaves are made in drawing the sugar which is lengthened and takes the form of a leaf, then put it in a lead form where the leaf takes the impress of nervures.

The ribbon remains only to make of different colour of handle, over which it is rolled. Separately make the curls of this ribbon and paste them with cooked sugar. Arrange with art the bush of roses in order to give a very nice dressing.

We have given much explanation as even the professionnels for whom these recipes are given, do not possess notions of this work. (See illustration, page 621.)

ENTREMETS

All housewives must know the way to prepare some entremets, at least the smaller, as rice cakes with caramels, soufflés, puddings, various creams; all things which are not difficult to prepare and of no expensive nature. In summer very good desserts can be prepared with all fruits.

They are established for eight persons.

Warm entremets

Saxon soufflé pudding (8 persons). — 3 ozs sugar, 3 ozs flour, 3 ozs butter, 1 tea cupful milk, 4 egg yolks, 3 whites, vanilla, salt.

Strongly soten the butter in a basin, mix the sift flour, pour on this mixture the milk which has boiled with the vanilla. Well mix, pour all in the casserole where the milk has boiled and dry the paste on fire until it is well detached with spatula and is somewhat fat. Remove it from fire and add the sugar, the egg yolks, some salt, and when the paste is becoming a very thick cream, add the white of eggs in very firm snow. The mixing of whites must be made and continued until the paste is not too light, which would be a disadvantage.

Then pour this paste in a smooth mould, with high borders, having a central pipe, first well buttered and further sugared, only fill at $\frac{3}{4}$ th of height. Bake the pudding in a boiling bain-marie and in oven during 35 to 40 minutes, protecting the top with a paper when it is sufficiently coloured. It must rise in baking and exceed the mould about 2 inches. When baked, let it fall a few minutes in the mould before removing it on a round hollow dish.

Nap this entremets with a good vanilla english cream or with lemon cream, or recover it with a white wine Sabayon.

Pudding "Sans-Souci." — Same proportions and dressing as above, in adding in the pudding paste at the same time than the white eggs 5 ozs. reinette apples, cut in small dice and melted with butter, without being too crushed. For the baking, there is nothing to change to the above explanations. Also served with vanilla cream.

Chocolate pudding. — Pudding saxon, vanilla is replaced by $\frac{1}{4}$ lb. chocolate which are melted in the milk. Nap the entremets with english chocolate cream.

Pudding "à la Royale." — Pudding saxon, the difference consists in the mould which is buttered and decorated with thin rounds of rolled biscuit the inside of which is garnished with currant jelly.



Fig. 365. — Chantilly breakfast (see page 608).



Fig. 366. — Choux Croquembouche (see page 614).

Fig. 367. — Assumption cake (see page 550).



Fig. 368. — Nougat swiss basket and glazed fruits (see page 615). Fig. 369. — Christmas sabot in nougat and fruits (see page 614).



Fig. 370 — Roses basket in sugar, made with the hand (see page 616).



Fig. 371. — Apples charlotte (see page 639).

Fig. 372. — Soufflé pudding "à la Royale" (see page 618).



Fig. 373. — Chocolate profiterolles (see page 655).

Fig. 374. — Soufflé fritters (pets de nonne) (see page 631).

Dispose these slices of rolled biscuit with taste, in the mould, pour the preparation and bake in the same way as the others. Serve accompanied with an english cream with anisette and kirsch. (See illustration, page 622 and fig. 90.)

Pudding "à la Reine." — Pudding saxon with some pieces of broken macaroons inside. Pour in the pudding mould, which is well buttered with soft butter, not melted and make some chopped pistachios adhere around. Cream or Sabayon is poured around or served apart.

Ribonned pudding. — Pudding saxon, but divide the paste in two parts before mixing the whites in snow; in one part mix $\frac{1}{4}$ lb. chocolate cooked with some milk and then separate the whites in snow in the two creams, but a greater quantity in the chocolate part in order it is lighter than the vanilla part. Garnish the buttered and sugared mould, alternating very cleanly the two preparations. Bake as stated above and serve with a vanilla english cream.

Muslin pudding. — Beat together 2 ozs soft butter, not melted with 3 ozs sugar and desired perfume, either vanilla, lemon, etc., then add 5 egg yolks, one by one, and slowly stir the preparation on sweet fire for obtaining like an English cream. Remove from fire and mix therein immediatly 4 whites of eggs in snow. Butter and sugar a mould, not so great to be filled in half or $\frac{3}{4}$ th. Bake in oven, in bain-marie and wait until the demoulding that the pudding which has much puffed is somewhat fallen. Sabayon cream for serving.

Puffed pudding with chestnuts. — 1 lb. chestnuts, 2 ozs butter, 3 ozs sugar, 4 egg yolks and 3 whites of eggs, vanilla, salt.

Clean the chestnuts and cook them in vanilled sugar. Drop them and strain them through fine sieve; put this purée in a casserole with butter and sugar and dry this paste from 6 to 7 minutes on the side of fire. Remove it and mix the egg yolks, then the whites in snow. Bake as above in a buttered and sugared mould. Serve accompanied with an english cream or a warm rhum apricot sauce.

Pudding "Fleur de Marie." — 3 ozs sugar, 3 ozs corn semolina, 3 ozs butter, 4 egg yolks and 3 whites, $\frac{1}{2}$ pint milk, vanilla, salt.

Cook the semolina in the boiling and vanilled milk, when it becomes a thick paste add the sugar and butter and apart from fire the egg yolks and whites in snow. Pour the preparation in a smooth pudding mould with central pipe and the inside of which is covered with golden caramel. Bake in bain-marie and recover the entremets with english cream to which remnants of caramel has been added.

Rice puffed pudding. — Cook the rice as stated for caramel rice cake, in putting 2 tea cupful milk. The mould can not be caramelised, but simply buttered and sugared or recovered with white bread raspings. Mix the 3 whites in snow to the mixture. Bake and serve either with caramel, english cream or vanilla.

Biscuit or brioche pudding. — Proceed as for bread pudding, but with biscuits or slices of dried brioche. Serve in an English dish.

Cabinet pudding, also called warm diplomate. — $\frac{1}{4}$ lb. finger biscuits, $2\frac{1}{2}$ oz. sugar in powder, 3 full eggs, $3\frac{1}{2}$ ozs dry raisins and candied fruits, $\frac{7}{8}$ pint milk.

Boil the milk with a branch of vanilla and pour it in a basin in which eggs and sugar have been beaten. Stir with a fork in pouring the milk, then let this cream stand and remove the foam which is over. During that time, butter a pudding mould and sugar it, fill it with finger biscuits, broken in pieces, which can be replaced by geneose, a remnant of brioche or another biscuit. Put these biscuits per alternated couches with raisins and candied fruits cut in small dice which are macerated in rum. The mould must be well filled, then the cream is poured, little by little, in order that the biscuits are impregnated and are swollen. If the cream is too quickly poured, it comes in the bottom of mould and the biscuits have no time to soak and are going on the top. Sprinkle over these biscuits little by little until that the mould is entirely filled and poach it in bain marie, in oven, during 25 minutes. Ascertain the cooking in putting a small knife in the entremets, and when the blade comes out without cream, the pudding is cooked.

Demould 5 minutes after the removing from oven, recover the pudding with a rum Sabayon or english cream.

Bread pudding. — $\frac{7}{8}$ pint milk, $3\frac{1}{2}$ oz vanilled sugar, 2 ozs bread, 2 ozs Coriathan raisins, 4 egg yolks or 2 whole eggs.

Cut the bread in thin slices, cover it with some melted butter and dry it in oven for not giving colour, put it then in a pie dish. Sprinkle the raisins in the bread, beat the egg yolks and sugar and pour thereon the boiling milk. Strain this cream through chinese tammy and impregnate the bread little by little. Poach in bain-marie, in oven, during about 25 minutes, serve as it is in the dish, powder the top with vanilled sugar.

English tapioca pudding. — $\frac{7}{8}$ pint milk, $3\frac{1}{2}$ ozs sugar, $3\frac{1}{2}$ ozs tapioca, 2 ozs raisins, 3 egg yolks, vanilla.

Cook the tapioca in the milk during about 10 minutes, pour it on the egg yolks which are beaten with the sugar. Add the raisins and pour all in the pie-dish for poaching the contents in oven and in bain-marie during about $\frac{1}{4}$ hour. Serve in the same dish.

Cherries pudding "à la Française." — $3\frac{1}{2}$ ozs butter, $3\frac{1}{2}$ ozs sugar, $3\frac{1}{2}$ ozs old bread crumb, 1 lb. cherries, 3 egg yolks, 5 whites in snow, vanilla and kirsch.

Scrumble the bread crumbs and strain it through sieve, then mix in a basin with butter which has been softened. When all is well mixed, add the vanilled sugar, the egg yolks one by one. Then mix the cherries which are stoned and poach in a syrup composed of 5 ozs sugar and a glassful Bordeaux wine.

Well drop and let the cherries get cold, before mixing them add the whites of eggs in snow, pour the pudding in a buttered mould, powdered with bread

crumb. Poach in bain-marie during 35 to 40 minutes and serve with syrup of cherries cooking, mixed with apricot marmelade and aromatized with kirsch.

Vermicella pudding. — Cook 2 1/2 ozs vermicella in 7/8 pint. vanilled milk, pour it on 3 beaten eggs with 3 1/2 ozs sugar. Fill the dish. Bake in bain-marie and serve warm, powered with sugar.

Proceed in the same way for italian pastes, semolina, sagou, etc..., and also with rice.

Steamed custard pudding. — Warm cream "renversée" recovered with a warm fruit sauce.

Custard pudding. — Same dressing as steamed custard, but in a pie dish and served as it is. This is called in France : eggs with milk.

Pudding or caramel rice cake. — 1/4 lb. Carolina rice, 3 1/2 ozs sugar, 1 3/4 ozs butter, 2 egg yolks, 7/8 pint milk, vanilla.

White the rice 3 minutes in water, cook it covered without stirring with milk and vanilla. About 1/2 hour is necessary, it must be nearly dry. Mix in a basin the egg yolks, the butter and sugar and pour the rice. When all is well mixed pour in a caramelysed timbale mould and poach in bain-marie in oven during about 20 minutes. Demould this lukewarm entremets on a round dish and pour around a small syrup of caramel.

Rolly pudding. — 1/2 lb. flour, 5 ozs swet of beef kidney, 1 table spoonful (not quite full) sugar, a coffee spoonful salt, 6 table spoonful water.

Clean the fat which must be well dry, for keeping the skins and nerves, then hash it finely with the knife. Put it in the middle of flour with salt, sugar and water. Mix all together, make a ball and let it stand during 1 hour in a cool place.

Spread this paste with roller, give the form of a rectangle of 1/5 inch in thickness, spread over a good couch of jam, either raspberries, strawberries, black currants, etc... Roll this paste on itself, giving the form of a large sausage, size of wrist. Recover with a buttered and floured cloth and cook it in boiling water during 2 hours. It must be removed 1/2 hour before serving, it is unpacked, cut in rounds of 2/5 inches thick which are put on a round dish and covered with a fruit sauce or a warm kirsch jam. This entremets is served very hot.

English plum-pudding. — This entremets wants certain dressings somewhat long and minutious if a good result is wanted.

Proportions : 1 lb. suet of beef kidneys, 1 lb. mixed Corianthan, Smyrna and Malaga raisins, 13 ozs brown sugar, 5 ozs lemon, orange and candied cedrate, 1 tea spoonful (very full) salt, 1/2 lb. flour, 1/2 lb. bread crumb, one boiled lemon, a pinch of 4 spices : rasped nutmeg and ginger, half a bottleful rum, 6 whole eggs.

Clean and hash the beef suet, put it in a great dish or basin, add the well cleaned raisins, the Malagas without pips, brown sugar, chopped candied fruits, spices and seasoning, the lemon boiled in whole during 2 hours and the

rum. Well mix all and press it in order it is well bathed, keep it covered and in a cool place during at least 16 days but it can remain during 3 months.

In order to cook the plum-pudding, mix the flour, eggs and crushed bread crumb, strained through sieve. When the paste must have a very brown colour, some caramel can be added if necessary. Cover this preparation with buttered and floured linens. Roll it in a linen as for the galantine, size of the wrist and bake it in boiling water during 2 hours or more. Cut it then in slices which are powdered with sugar and covered with tepia water, then the fire is put on when coming in the dining-room. It must therefore be served in a strong dish. (See illustration, page 667.)

With the above proportions, 20 persons can be served.

Mince-Pies. — Are served at Xmas time.

5 ozs suet of beef kidneys, 10 ozs rainette apples, 10 ozs Smyrna and Corianthan raisins, 3 1/2 ozs cooked beef fillet, chopped and dried, 5 ozs sugar in powder, 5 ozs chopped candied fruits with lemon peel, 1/2 tea spoonful salt, zest of lemon, half a boiled lemon, a coffee spoonful, in all, or : powder of cinnamon, powder of mace, powder of ginger, a madeira-glassful madeira, some quantity rum and cognac.

As for the plum-pudding, macerate all during about 15 days except the beef fillet, and Reinette apples which are added at the last moment, cut in small dices.

Garnish with remnants of puff or short paste, very fine, tartlet mould. Fill them with this preparation and recover them with a cover of same paste on which a small hole is made in the middle, large as a small finger. Glaze the top with egg and bake in hot oven during about 10 minutes.

At the time of serving, pour in the hole of cover a small spoonful hot rum which is lit.

Dampfnudeln (German entremets). — Prepare 1/2 lb. brioche paste, not much buttered, cut it in pieces which are rolled in balls for making the ordinary small brioche, put them on a hollow plate-iron for oven, well buttered or in a pan, in sufficient distance in order they can swell without touching. Pour around lukewarm milk which must be in half their height and bake them in this way in somewhat hot oven. After 1/2 hour, they must be baked and have absorbed all the milk, powder them with glaze sugar and keep them a few minutes in very hot oven in order to melt the sugar which caramelize the brioches which are served hot, accompanied with an english cream, well perfumed.

Apple pudding. — Prepare a paste with beef suet as stated for the roly pudding, roll it and introduce it in a dôme mould. Fill the mould with Reinette apples peeled, minced, mixed with sugar in powder and zest of lemon, a pinch of cinnamon, recover all with another paste and attach it well to the other. Recover all in a linen which is strongly tied and plunge it in a casse-rolle of boiling water during 2 hours. Serve warm with fruit sauce.

Many fruits can be prepared in this way.

Rhubarb-Pie. — Paste with some water a slice of puff-paste or half-puff paste on the border of pie dish, fill it in dome with small pieces of rhubarb, well cleaned. Put some handful brown sugar or replace by sugar in powder. Recover all with a round of puff-paste. Glaze with beaten egg and bake in hot oven during 25 to 30 minutes. (See illustration of chicken-pie.)

Apple-Pie. — Same proceeding as above, in using minced apples. They can be perfumed with some cinnamon.

Pumpkin. — Same proceeding in using the flesh of pumpkin, cut in cubes, sugared and perfumed with cinnamon.

Gooseberry-Pie. — Same proceeding in using green gooseberries. Well sugar.

Soufflés

Vanilla soufflé. — 3 1/2 ozs sugar, 1 1/2 oz. flour, 1 1/2 oz. butter, 1 tea cupful milk, 5 egg yolks, 4 whites in snow, vanilla. Melt butter, size of an egg, mix the flour, add the boiled milk with vanilla. Put the sugar and quickly stir on fire until the first simmering. Then add, but apart from fire, the egg yolks and remnant of butter, then the whites in well firm snow.

Strongly mix the preparation and "tire" it in order it is not too light, as the soufflé would fall before being baked. Pour this paste in a buttered and sugared soufflé dish, in taking in notice that it must not be filled until the 3/4 s. Very moderate oven during 22 to 25 minutes. This entremets must be immediatly served, it can only be put in oven at the good moment (it is preferable to wait for it, it is better than a fallen soufflé).

Chocolate soufflé. — Same proceeding as above in using 3 tablets of chocolate in the milk and suppressing 1 table spoonful sugar, taking in notice the one is included in the chocolate.

Coffee-soufflé. — Same proceeding, but putting, instead of 1 tea cupful milk, 1/2 tea cupful very strong coffee and same quantity of milk, plus some drops of coffee-spirit.

A small handful of crystallized grains of coffee can be sprinkled in the preparation.

Soufflé "Palmyre." — Same proceeding as vanilla soufflé. Put the preparation in a soufflé casserole and dispose couches of finger-biscuit, cut in pieces and impregnated with anisette.

Soufflé "Rothschild." — Same mixture as for vanilla soufflé in sprinkling over some candied fruits, cut in dice and macerated in fine champagne.

When the soufflé is nearly baked, put over some strawberries rolled in sugar in powder or candied cherries.

Apple soufflé. — Prepare a very thick marmelade of apple, very reduced and somewhat strongly sugared, add for 1/2 lb. marmelade : 3 egg yolks and 2 whites in snow. The baking is the same as for the other soufflés.

A small quantity of frangipan cream or pastry cream can be mixed to these apples. It will be more mixed.

Hazel soufflé. — Proceed as for vanilla soufflé but infuse in the boiling milk 3 1/2 ozs hazels, lightly grilled, peeled and reduced in powder with the rasp. This powder of hazels remains in the cream.

Almond soufflé. — Same proceeding in replacing the hazels by almonds, fresh or freshly skinned and crushed with some milk.

Soufflé "Clémentine." — Take the zest of 5 or 6 mandarin-oranges and prepare the soufflé with this delicious perfume, infused in the milk.

Orange soufflé. — Same proceeding in perfuming with zest of oranges.

Lemon soufflé. — Same proceeding with lemon zest, but do not bake it as it becomes bitter.

Soufflé "à la Cécilia." — Prepare the hazel soufflé, put in the inside some finger-biscuits, impregnated with chartreuse.

Soufflé "Elvire." — Prepare orange soufflé with a couch of macaroons wet with curaçao.

Soufflé "Ceylanais." — Replace the milk by an infusion of tea and prepare the mixture as usually. Put in the middle biscuits impregnated with rum.

Soufflé "Jacqueline." — Prepare vanilla soufflé, but make it somewhat thicker than cream and with 2 egg yolks in surplus, before mixing the whites, add the purée of 3 1/2 ozs strawberries, of wild in preference. Bake as usually, but serve the strawberries sugared and macerated in kirsch at the same time.

Soufflé with strawberries, apricots, etc., etc. — 1/2 lb. strawberries, 7 ozs sugar, 3 whites of eggs, vanilla.

Cook the sugar "at crack," add the purée obtained with the strawberries which are strained through fine sieve. Give some simmerings and pour the syrup on the 3 whites of eggs in firm snow.

Bake as for the other soufflés and serve at the same time a marmelade of strawberries with kirsch.

Nota. — This sort of soufflé is the model for all fruits soufflés. As it is seen, there is a great difference between them and the cream soufflés indicated above. All fruits can be prepared in this way.

Apricot soufflé. — Same proceeding with 1/2 lb. well matured and perfumed apricots.

Nota. — This can be made with all fruits.

Cherries soufflé. — 2 lbs black cherries, 5 ozs old black bread, 7 ozs sugar, 1 very small pinch of cinnamon, 6 eggs, rasped lemon. Mix and beat the sugar with the egg yolks lemon and cinnamon, add the rasped and sift bread,

the cherries without stones and poached in syrup and the whites of eggs beaten in snow. Pour the mixture in a soufflé mould and bake in moderate oven. Before serving powder with sugar.

Puffed vanilla omelet. — Proportions : 5 ozs sugar in powder, vanilla, 3 egg yolks, 5 whites in very firm snow.

White the egg yolks, add the very firm whites in making delicately the mixture and without it is entirely made. Arrange this on a long buttered and sugared dish, giving an oval form, hollow in its center. Well smooth the round with a knife and bake in very sweet oven during about 20 minutes. Immediately serve this entremets which falls as a soufflé. (See illustration, page 635.)

Coffee puffed omelet. — Same dressing as above, but replace the vanilla by some drops of coffee-spirit and sprinkle over a pinch of small coffee-grains with liquor.

Lemon or orange puffed omelet. — Brush some pieces of sugar on 2 oranges or lemons for taking the zest and proceed as above.

In the orange omelet some drops of carmine are added.

In arranging the preparation on the dish, some pieces of biscuits, impregnated with alcohol can be put.

Puffed omelet in surprise "à la Norvégienne." — This is an original entremets, as an intact ice is placed in center of this warm soufflé.

First prepare an ice with any perfume and put it in the sorbet-dish; then prepare in the bottom of a long dish, either a thin galette of geneose or some finger-biscuits which would isolate the bottom of the dish and the ice which is arranged with the spoon without smoothing it, as the meringue is placed over.

Recover with a couch or ordinary meringue (4 whites and 1/2 lb. vanilla sugar), somewhat thick; rapidly decorate the top with forcing-bag and ribbed fancy-pipe, powder with sugar and put quickly in very hot oven for glazing and crouting the meringue, without that the ice has received the effects of heat.

Some rum can also be poured around and this can be litt. Pleasant entremets.

Omelet with jam. — It is made as ordinary omelet, but some sugar is put therein and before rolling them in the pan, 1 or 2 spoonful of jam are added. Put them on a long dish, sprinkle a handful sugar in powder, redden an iron stick and put it in several times for burning and caramelising the sugar in making over the omelet a sketch either checkering or another. (See illustration, page 635.)

Rhum omelet. — Recover the omelet with rum, kirsch, cognac, etc. and light the liquor.

Martinique omelet. — Peel 2 or 3 bananas, cut them in rounds and cook them in butter without crushing them too much, put them in the middle of omelet in rolling and terminate flaming with rum.

Fritters

Apple fritters in surprise. — Cut in two parts medium rainette apples, which are hollowed and poached in a light syrup without crushing them. Fill the hole with pastry cream in which some crushed macaroons are mixed, soak in the frying paste and treat as ordinary fritters.

Apple fritters. — Clean and cut in rounds nice rainette apples the middle of which is removed, powder them with sugar and recover them with rhum or kirsch. Macerate them during 1 hour, sponge and soak them in frying paste and plunge them in the boiling frying. Return them several times during the cooking and drop them on a cloth. Arrange in bush, powdered with vanilla sugar.

Orange fritters. — Same dressing as for apple fritters. Serve at the same time an apricot sauce with orange juice.

Apricot fritters. — Cut the apricots in two parts, sugar them and macerate them. Sponge them and soak them in the paste. Fry as above.

Quince fritters. — Proceed in the same way for quince marmelade. All fruit fritters are prepared in this way.

Fritters of acacia flowers. — Take some acacia flowers, well matured, clean them, powder them with sugar, recover with cognac and macerate them during 1 hour. Soak them at the last minute in a light frying paste and plunge them in well hot frying. Arrange on a serviette in powdering with sugar.

Fritters Florida. — Take small soft macaroons which are hollowed and joined two per two with some apricot jam, recover, them with kirsch syrup, and white bread rasping, very hot frying. Arrange on a serviette, powdered with sugar.

At home fritters. — Cut in not too large slices, the brioches of the day before. Soak them in very light rhum english cream, not too much, put them in frying paste and cook in very hot frying.

Semolina fritters "Suzette." (8 persons). — $\frac{7}{8}$ pint milk, 3 $\frac{1}{2}$ ozs medium semolina, 2 $\frac{1}{2}$ ozs sugar, 1 table spoonful butter 2 eggyolks.

Cook the semolina in vanilled boiling milk, until thick consistency, add the sugar and butter, then the eggyolks and give 2 or 3 simmerings. Spread this paste on a marble with a couch not quite 1 inch in thickness and when it is cold, cut it in rounds with the punching-press about 2 $\frac{3}{4}$ inches diameter. Keep the center of these rounds with the applecorer in order to have crowns which are recovered with white bread rasping and which are fried with butter in a pan. Arrange with a nice candied cherry in the middle, powder with sugar, kirsch apricot sauce.

Fried creams (8 persons). — $\frac{1}{4}$ lb. sugar, about 3 ozs rice flour, 3 whole eggs, 1 $\frac{1}{2}$ tea cupful milk, vanilla or another perfume.

Mix the eggs with sugar, add the sift flour, then the milk and perfume, boil a moment until it is very thick, nearly as paste.

Spread, thick as a finger, this cream on a buttered and floured plate-iron. Let it get cold and cut it in a dozen of small lozenges which are recovered with flour, then in egg and further in white bread raspings.

Plunge them, at the time of serving, in hot frying, powder with sugar.

Divonne fritters. — Prepare same cream as for fried creams, (see above) but instead of egg and bread-raspings, plunge them in frying paste and then in hot frying. When they are well crusty, drop them, put them on a plate-iron and strongly glaze them with sugar, put them in hot oven for caramelising this couch of sugar. Arrange on a serviette.

Cherry fritters. — Take the cherries which are in " bunch " of three with their tail.

Soak them in light paste and fry them, 2 minutes are sufficient.

Puffed fritters (called " Pets de nonnes "). — Prepare a choux paste not much buttered and let it fall in small round balls in the frying, moderately warm which is left on fire during baking of fritters in order it is warmer and broiling when the fritters are cooked. They are baked when they are not returned by themselves and have a nice colour. Drop them and arrange them in bush on a serviette. Powder them with vanilled sugar. They can be served with an english vanilla cream apart or stuffed insidely with jam. The ordinary recipe does not want accompanying. (See illustration, page 622.)

Wien fritters (called krapfen). — Spread krapfen paste with roller with 1/8 inch in thickness, cut it in rounds of about 2 inches.

Wet the round of half of these rounds with some water, garnish the middle with some apricot jam and recover with the other, well attach the two pastes. Put them on a floured cloth, let them rise in a warm place during half a good hour and plunge them in hot frying. Cover them 2 minutes. Remove the cover and return the fritters with the point of a knife. Terminate to bake them during 4 or 5 minutes, in returning them again. Drop and powder them with sugar.

Fruit rissoles. — Spread remnants of puff-paste in a slice of 1/8 inch thickness, cut large ribbed galettes with the round punching-press, wet the round and garnish the middle with purée or fruit jam, and ploy the paste as for the chaussons. Well press in order they are well attached and cook in hot frying. They can also be baked in oven, but they are in this case real chaussons. Rissoles can also be made in using krapfen paste which is generally garnished with strawberry jam. They are then called Rissoles " à la Dauphine."

Merveilles. — 5 ozs flour, 1 3/4 oz, butter, 1 table spoonful (not very full) sugar, salt, 2 egg yolks, a little water.

Mix and let it stand, spread with roller and cut different forms, fry them in hot frying and powder them with sugar.

The Bugnes. — Sort of fritters of Lyon country. Mix 1 lb. flour, 2 1/2 ozs butter, 1 1/2 oz. sugar, a spoonful cognac and 4 whole eggs.

Add the perfume, according to taste, and some fine salt, well crush the paste with the hand, make a ball which is kept in a cool place during about 2 hours. Spread it with roller and cut it in slices of 1 1/4 to 1 2/3 inch large on about 4 inches long, tie them as for a ribbon and plunge them in hot frying during 4 or 5 minutes. Drop them and strongly powder them with sugar.

Croquettes

Rice croquettes. — 3 1/2 ozs Carolina rice, 3 ozs sugar, 3 egg yolks, 1 1/2 tea cupful milk, vanilla.

Boil the rice in water, terminate to cook it with milk and vanilla in keeping it more cooked. Then add the sugar and egg yolks and turn on the fire until it is separated from the casserole. Spread this preparation on a dish and when it is cold, cut it in small pieces size of an egg, which are rolled on a floured marble. Give the form of large corks, recover with egg and bread-rasping and fry them. Serve with English cream or apricot sauce.

Rice croquettes "à la Fructidor." — Proceed as for ordinary croquettes, but mix to the preparation 1/4 lb. candied fruits cut in small dice and macerated in kirsch, prepare the croquettes which are somewhat large and in form of pears. Turn them in egg, then in filleted or chopped almonds instead of bread raspings.

Put a small piece of angelica for making the stick. Same dressing and same accompanying sauce. (See illustration, page 636.)

Chestnut croquettes. — Cook in vanilled milk 1 lb. skined chestnuts, strain them through sieve and add to the purée 3 1/2 ozs sugar in powder-2 table spoonful butter and 3 egg yolks. Dry all on the fire during a few minutes, let this purée get cold and make round balls which are egg and bread-crumbed and cooked in hot frying. Rhum apricot sauce.

Semolina croquettes. — Same proceeding, but less semolina for the same quantity of milk.

Pancakes (crepes)

Fine pancakes. — Butter the well broiling pan and spread in the bottom a thin couch of crêpe paste. When set on one side, return and when they are cooked, powder them with vanilled sugar, ploy them in two parts and arrange them on a hot dish. Operate on a somewhat thick fire (see pastes).

Crêpes "Suzette." — Prepare the crêpes in the ordinary way, then work in a basin 2 table spoonful fine butter with 2 ozs sugar for making a well creamy mixture, add the zest of 2 rasped oranges and some curaçao. Spread

the mixture on each crêpe and ploy them. Instead of curaçao some fine champagne can be put. They can also be flamed when serving them on the table.

Crêpes "Georgette." — Spread, as above, a thin couch of paste in the pan, put over a thin slice of ananas which is lightly recovered with paste. Cook the crêpes as usually, but they are not ployed in two parts.

Crêpes with jam. — Cover the crêpes with a couch of currant jelly or another jam and roll them as cigarets, not too closely, in order that the jam does not come out.

Puffed crêpes. — Prepare apart 12 or 15 fine small crêpes and further a small quantity of pralined coffee soufflé.

Put a spoonful of soufflé in the middle of crêpes and enclose it in beating down the two sides of crêpe over. Put on a buttered dish, at very sweet oven, during 12 to 15 minutes.

The extension of soufflé is made by the two ends.

Russian crêpes. — Put in a small basin $\frac{1}{2}$ lb. sift flour, a good $\frac{1}{2}$ tea spoonful fine salt, $\frac{1}{4}$ lb. brown sugar, 4 eggs, a liquor-glassful kummel and 2 table spoonful olive oil. After all is well mixed, add clot milk, not creamed in order to have a clear pap without grains. Use this preparation for making the crêpes which are powdered with sugar at the time of serving.

Dressing of clot milk. — In order to have clot milk, lightly get $1\frac{3}{4}$ pint good milk lukewarm in a basin, add either a pinch of rennet in powder, or 2 drops of liquid rennet, in the first case the milk must be strained through a piece of muslin for removing the powder or rennet.

Put during all the night in a cool place in summer and in a lukewarm place in winter.

Breton crêpes. — Sieve $\frac{1}{4}$ lb. flour and $\frac{1}{4}$ lb. saracenic flour, add a pinch of fine salt, a strong pinch of cinnamon and a small liquor-glassful rhum, then some cold milk in order to have a well liquid paste used for making the crêpes. Before removing them from the pan, recover the top with some melted butter, hazel cooked and sugared with some golden sugar. Remove the crêpe from pan, ploy it in four parts. Serve well hot.

Pannequets. — Under this name, which comes from the English word, some pancakes are served : stuffed pancakes either with creams, marmelade, hams and even meats.

This is a dessert which is varied and not so ordinary as the crêpe.

Pannequets with meringue cream. — Prepare fine crêpes, not too coloured, cover them with apricot marmelade and put in the middle a large spoonful of vanilla pastry cream. Ploy the 4 sides over the cream and give a rectangular form. Put them on a silver dish. With the forcing-bag and the ribbed fancy-pipe, cover the top with a small decoration of swiss meringue, powder with sugar and put in sweet oven for crouting the meringue.

Jam Pannequets. — Prepare fine crêpes, garnish the middle with a spoonful of any jam, roll them as cigars and put them on a plate-iron, after the two ends are cut as a whistle. Powder them with glaze sugar and put them 2 minutes in hot oven for caramelising the sugar.

Pannequets "à la Condé." — Garnish the inside with cream or apple marmelade and recover the top with a pralin "preparation for Condé". (See creams and preparations.)

Pannequets "à la Lyonnaise." — Cover the crêpes with a purée of chestnuts, well sugared with syrup, roll them in large cigars, recover them with apricot marmelade and sprinkle over some chopped and grilled almonds.

Gratin of cherries (German entremets). — Prepare the crêpes as stated above, stone 1 lb. cherries which are poached in some sugared wine aromatized with cinnamon. Drop the cherries and put about a dozen in the middle of each crêpe in which they are recovered for plying the 4 borders, put the returned crêpes in a hollow gratin dish and lightly cut the top of crêpes with the point of a knife. Further boil $\frac{7}{8}$ pint milk and pour on the 2 beaten egg yolks with $3\frac{1}{2}$ ozs sugar and a little powder of cinnamon. Strain this cream through "chinois" and pour it on the crêpes stuffed with cherries which must be recovered. Sprinkle over some crushed macaroons, recover with butter, poach and gratin all in moderate oven, but not at bain-marie.

"Tôt-Fait" (Quickly made). — Mix together $3\frac{1}{2}$ ozs sift flour and $3\frac{1}{2}$ ozs sugar in powder which are mixed with 3 table spoonful milk, further beat 3 whole eggs which are added to this preparation, also add 3 ozs melted butter and 2 whites in firm snow. Perfume this paste with some vanilla in powder or liquid, pour it in the charlotte mould, first buttered, bake in sweet oven during about $\frac{1}{2}$ hour, demould and serve warm.

Croûtes with fruits. — Prepare a savarin, when it is cooked, do not soak it in syrup. Cut it in thick slices of $\frac{2}{5}$ inch and spread them on a plate-iron. Powder them with glaze sugar and grill them in hot oven on the two sides. Arrange them in crown, overlapping one over the other, garnish the inside with a marmelade of assorted fruits, mixed with some candied fruits, Malaga raisins, etc... This marmelade, mixed with apricot purée diluted with some syrup, is aromatized either with rum, madeira or another liquor.

Nota. — Croûtes can be made with a garnishing of only one fruit, the proceeding remains the same, but it will be called "Peach croûte, Ananas croûte", etc., according to the fruit. The border of these croûtes can be decorated with candied fruits.

Croûte "à la Parisienne." — Arrange the croûtes as above, but put over half slices of ananas warmed in apricot and kirsch; in the inside put a marmelade of pears without juice.

Recover this one with pastry cream, sprinkle almonds and sugar over and put 2 minutes in red oven.

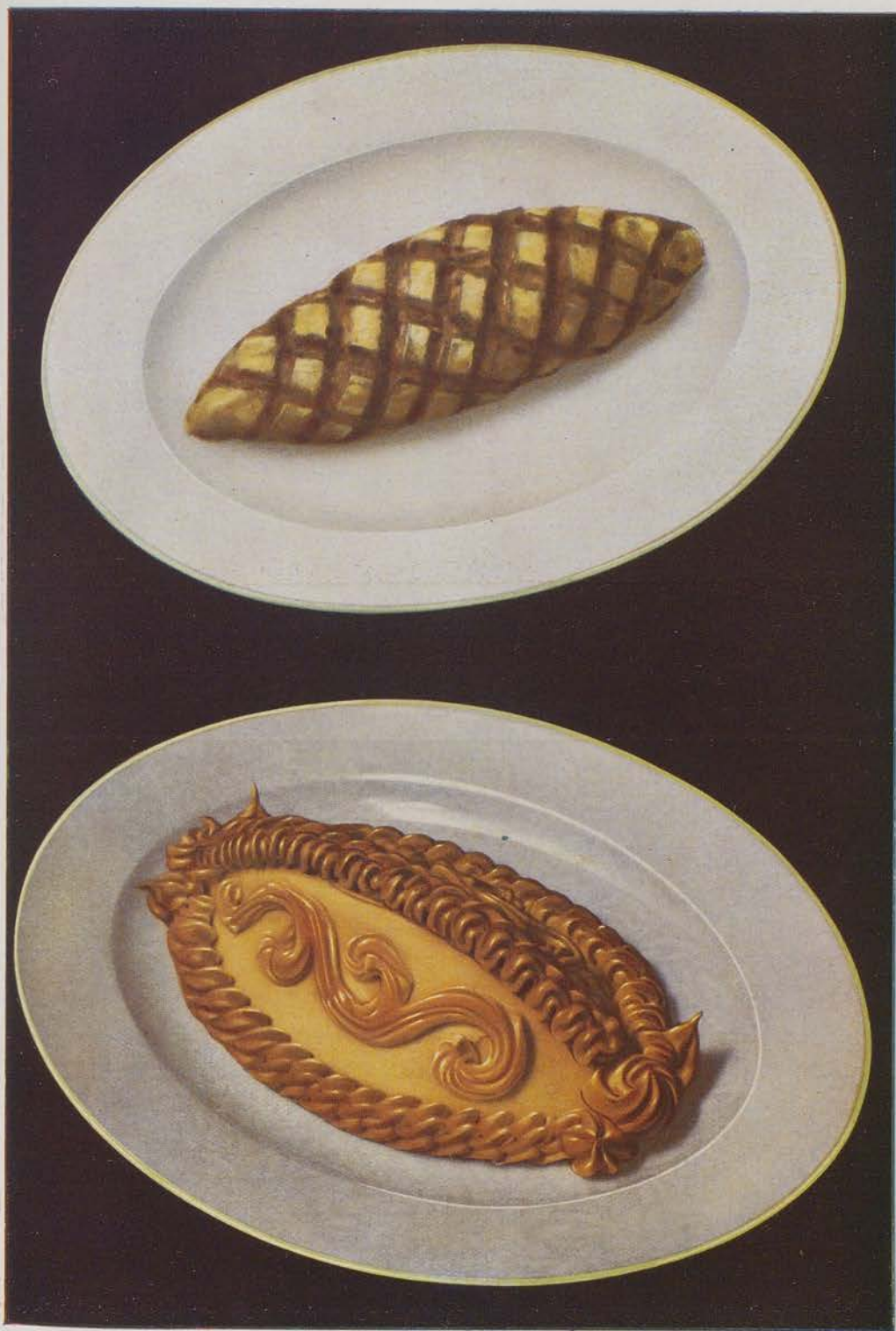


Fig. 375. — Jam Omelet (see page 629).

Fig. 376. — Puffed omelet (see page 629).



Fig. 377. — Apricots "à la Colbert" (see page 641).

Fig. 378. — Rice Croquettes "à la Fructidor" (see page 632).

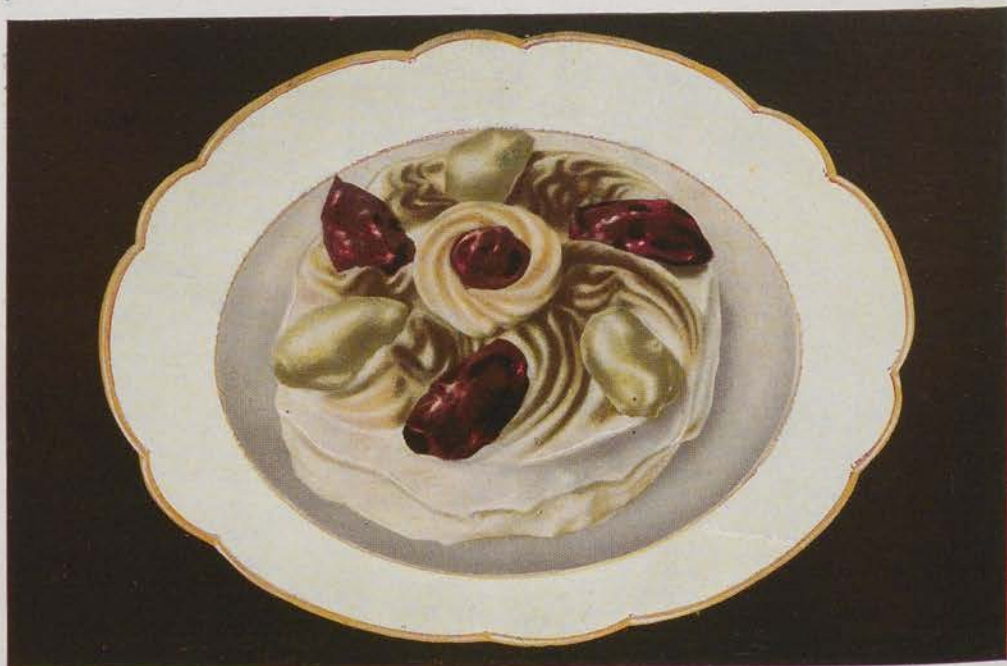


Fig. 379. — Apples "à la Chevreuse" (see page 644).

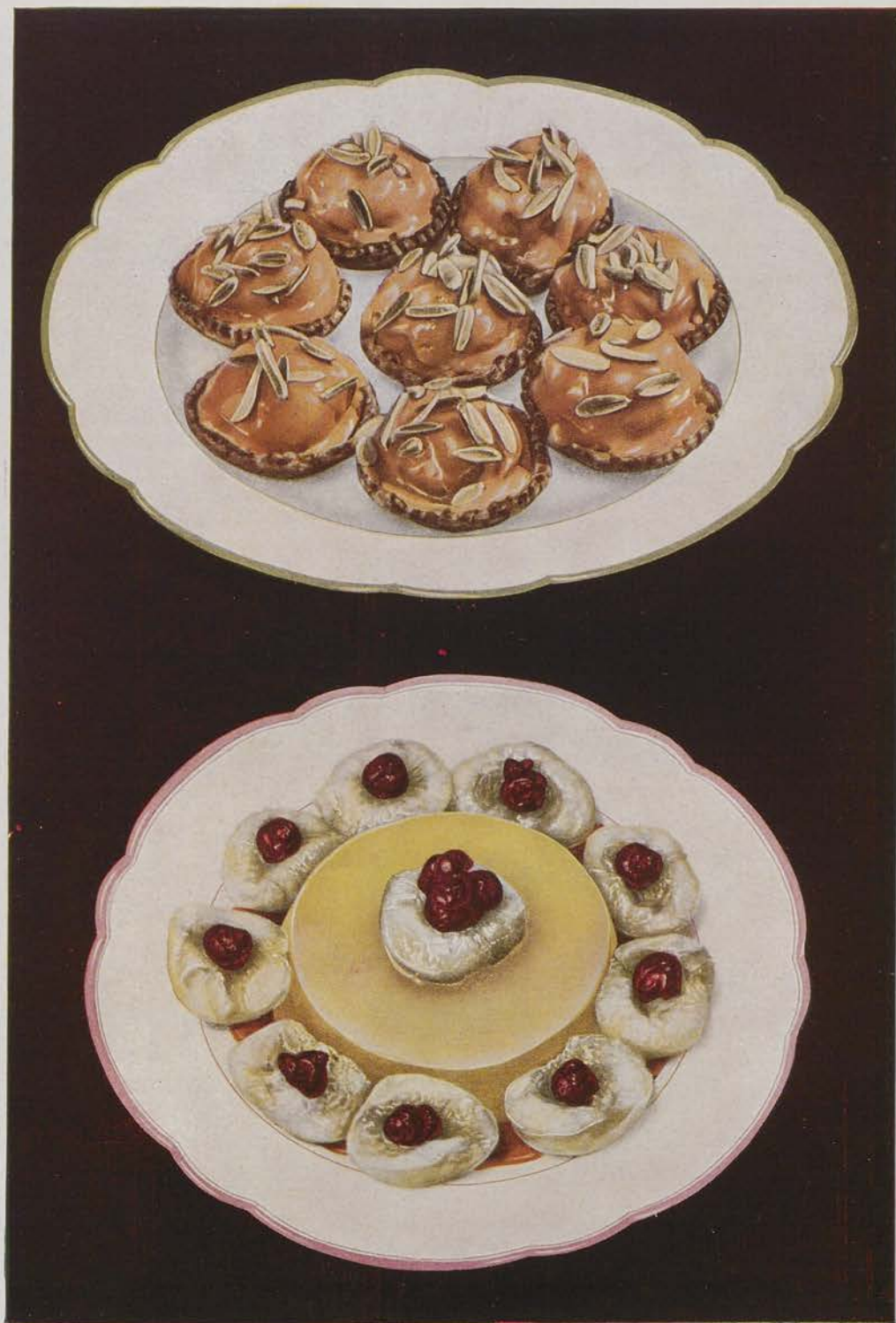


Fig. 380. — Peaches "à la Mascotte" (see page 641).

Fig. 381. — Apples "à la Régence" (see page 643).

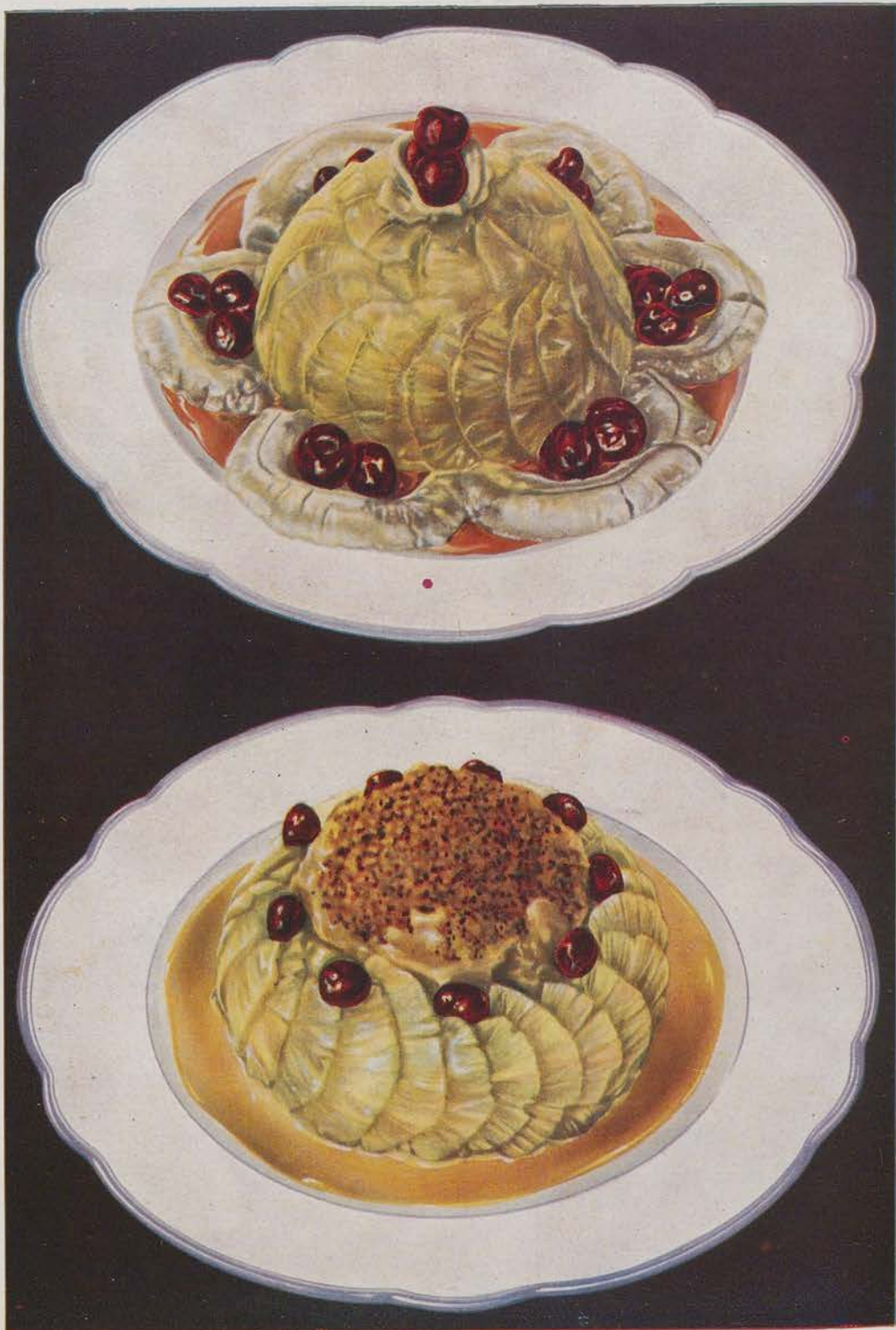


Fig. 382. — Ananas "à la Créole" (see page 641).
 Fig. 383. — Ananas in turban "à la Bourdaloue" (see page 641).

Croûte "à l'Eve gourmande." — Prepare croûtes glazed with caramel sugar, garnish them with a marmelade of apples, lightly sugared and very reduced and arrange them in turban in overlapping one over the other. Nap this turban with very reduced apricot marmelade and sprinkle fillets of minced pistachios. Garnish the hole with a marmelade of Calville apples in well regular quarters and mixed with apricot sauce, aromatized with old Calvados.

Chestnut croûte. — Same proceeding as above for the croûtes. Cover them copiously with sugared and vanilled chestnuts purée, mixed with some syrup. Arrange these croûtes in turban and nap them with reduced apricot, then sprinkle filleted and grilled almonds. Garnish the middle with chestnut cooked in syrup, mixed with Malaga raisins without pips and some candied cherries, all mixed with rum apricot sauce.

Golden croûtes. — When there are remnants of brioche (or in default rich bread) cut slices of $\frac{2}{5}$ inch in thickness, strongly impregnate them with vanilled English sauce, very liquid for bathing them. Drop and plunge them in egg strongly beaten. Colour the two sides in hot butter. Arrange on a serviette and powder with sugar.

Croûte "à la Batelière." — Garnish a tart circlet with fine short paste, garnish it with reduced apple marmelade and bake in hot oven during 20 minutes. Further, cook $3\frac{1}{2}$ ozs rice with vanilled milk. Sugar it when cooked and add 2 egg yolks, give 1 or 2 simmerings for rendering the rice thicker and add 2 whites in snow. Arrange in dôme on the top of croûte and powder with sugar, put the croustade in moderate oven for poaching the rice and caramelize the top in checkering with a red iron.

Serve apart a currant sauce or warm apricot sauce, mixed with kirsch. (See illustration, page 510.)

Suprême of fruits "à la Parisienne." — Take the muslin brioche of the preceeding day, hollow it carefully in order to make like a timbale of $\frac{2}{5}$ inch in thickness. Reserve the top for making the cover. Cover all the brioche and cover with reduced apricot marmelade, decorate one and other with candied fruits and almonds. Garnish the inside of brioche with some marmelade of various fruits mixed with apricot marmelade and aromatized according to taste.

Very small quantity of sauce is put in the inside of brioche for not soaking it and the remnant is served apart.

These sorts of timbales can be made in garnishing them with an only sort of fruits, either : peaches, apricots, or others. In this case, the fruits will be named on the menu by its name : Suprême of peaches, etc...

Charlotte of apples. — Cut bread crumb in about a dozen of small croûtons of triangular forms which are soaked in melted butter and put in the bottom of a Charlotte mould, overlapping one over the other in order to garnish the bottom of mould, cut other slices of bread in rectangle form of 2 fingers large and at the height of mould. Soak them also in butter and put them upright and overlapping around the mould in taking note that there is no void space.

Fill the mould with sugared apple marmelade in proportion of 5 ozs sugar per 2 lbs apples and reduced as much as possible on the fire. This well vanilled marmelade must be covered with rhum and flamed. Put the mould in hot oven, $\frac{3}{4}$ hour cooking are sufficient for this Charlotte of apples of which the slices of bread must be well glazed and somewhat dried to support the weight of demoulded Charlotte. Recover the entremets with a warm rhum apricot sauce, not too thick. (See illustration, page 622.)

Charlotte of apples (2 nd recipe). — The usual recipe for Charlotte of apples is the above, but it is somewhat difficult to bake it well when we have not a good fire. It can be easily prepared in a square "manqué" mould, the bottom of which and the round can be easily garnished with small rectangles of bread, soaked in butter and well pressed one against the other, but not overlapping.

Very copiously fill with reduced apples marmelade, cook in very hot oven. Cover with apricot sauce or rhum English cream.

"Casse-Museau." — Recover with fine short-paste of $\frac{1}{8}$ inch. nice cleaned melting apples, the hole of which in the middle is replaced by a hazel of butter and a pinch of sugar. Recover with puff-plate, put the apples on a plate-iron and put over a thin ribbed round of puff-paste.

Glaze and put in well hot oven during about twenty minutes. A well fresh sweet cream is served at the same time of this entremets.

Timbale "à la Bourdaloue." — Garnish with sugared paste a mould for "manqué" or for buttered croustade.

Pick the bottom and garnish it until $\frac{3}{4}$ th. of its height with couches of Bourdaloue cream, alternated with couches of cooked fruits, either peaches, apricots, etc... cut somewhat large. Two couches of fruits and three of cream are necessary. Close the croûte in putting a round of same paste. Hot oven during $\frac{3}{4}$ hour. Return on a dish and recover with kirsch apricot sauce.

Subrics of semolina. — These are very simple entremets, rapidly made. Cook $3\frac{1}{2}$ ozs semolina and $3\frac{1}{2}$ ozs sugar in $\frac{7}{8}$ pint boiling and vanilled milk, until that a paste is obtained, add 2 table spoonful butter and after cooking and apart from fire 2 whole eggs.

Warm butter and some oil in a pan, let the semolina fall per spoonfuls in the hot butter, avoiding they are touched. When the subrics are golden on one side, return them with the pallet for cooking the other side and drop them. Arrange them on a serviette and accompany them with a currant, quince or apple jelly.

Rice "à la Condé." — This rice is generally an accompanying for fruit entremets, but can also constitute an entremets.

5 ozs rice, $3\frac{1}{2}$ ozs vanilled sugar, $2\frac{1}{2}$ tea cupful milk, 3 egg yolks.

First boil the rice in water during 2 minutes, drop it, wash it and cook it in milk during 25 to 30 minutes, after it has been mixed to the sugar, egg yolks and nut of butter. Put the rice on small fire and slowly stir with the fork in order to have a thick cream, well kept.

Entremets of warm fruits

Ananas "à la Bourdaloue." — Cook ordinary genoese paste in a buttered and floured savarin mould. Demould on a round dish and put over some thin slices of fresh or preserved ananas, macerated 10 minutes in a vanilled syrup. The ananas must be overlapped and incurved for taking the form of genoese. Garnish the center with Bourdaloue cream in dôme, sprinkle over crushed macaroons or chopped almonds, recover with butter and gratin the top of cream in hot oven, recover the ananas slices with a light syrup of apricot with kirsch and decorate them with candied cherries and angelica. (See illustration, page 638.)

Ananas Bourdaloue (2nd recipe). — A whole fresh ananas is necessary. Cut the top and hollow it. Cut in half-moon the flesh removed from inside and poach it in syrup. Fill the carcass of ananas which forms a timbale with Bourdaloue cream. Arrange in a large dish and put the slices around the foot of ananas in order to have a rich presentation. Cover with apricot sauce. (See illustration, page 651.)

Ananas "à la Créole." — Prepare a Condé rice, well mixed and soft, poach in syrup the ananas cut in thin slices per half, in order to have half-moon. Drop and dispose them overlapping in a dôme mould, in order to garnish it entirely.

Spread over a good couch of rice with milk, leaving a hole in the middle of mould. Put in this hole the remnant of ananas cut in dice and mixed with apricot, terminate to fill the mould with remnant of rice with milk and put in hot oven during 6 to 7 minutes. Demould the entremets on a round dish and put around the halves of bananas poached in ananas syrup. Put some cherries between the bananas and recover all with a rhum apricot syrup. (See illustration, page 638.) A large bowl can replace the dôme mould.

Apples or apricots "à la Régence" (8 persons). — Soak in boiling and vanilled milk 1/4 lb. finger biscuits when they are well impregnated, strain them through sieve, mix this purée with 2 1/2 ozs sugar and 4 whole eggs, poach this cream in bain-marie in a flat mould, called for "manqué" which is buttered and sugared. About 25 minutes are necessary for the cooking. Demould the cream on a somewhat large round dish in order to dispose around nice half-apricots poached in syrup. Put the returned apricots and a nice candied cherry in the middle of each. Recover all with reduced apricot syrup, mixed with some marmelade. Apples and all fruits are presented in this way. (See illustration, page 637.)

Apricots "à la Colbert." — Poach nice halves of apricots, sponge them and join the two halves in putting in the middle a spoonful Condé rice, mixed with a salpicon of chopped candied cherries.

Give the form of large apricot which is rolled in flour, then in beaten egg and further in white bread rasping. Pick a small piece of angelica for making

the tail and cook at the last moment in hot frying. Arrange in bush on a serviette, powder with sugar and serve apart a kirsch apricot sauce or a Sabayon. (See illustration, page 636.)

Apricots "à la Condé." — Lightly poach apricots in vanilled syrup after having cut them in two parts. Drop them and arrange them on a border of rice with sugared milk, vanilled and mixed on fire with 2 egg yolks for 5 ozs rice and a good piece of butter. This rice, whilst remaining soft, must be somewhat firm to support the weight of fruits. Arrange the half-apricots overlapping on the rice, decorate with candied cherries and angelica and recover all with a light apricot syrup, perfumed to taste. (See illustration, page 652.)

Nota. — All fruits can be prepared "à la Condé."

Apples or apricots "à la Bourdaloue." — Proceed as for ananas under this name, on the border of genoese place half-apricots just cooked and overlapping, cream in the middle, recover with apricot sauce and decorate the fruits with cherries and angelica. (See illustration, page 653.)

Bananas "à la Bourdaloue." — Same dressing as the apricots the bananas; are cut in two parts lengthwise and put on the border.

Bananas "à la Condé." — Arrange on a border of Condé rice as all fruits. Rhum apricot sauce.

Puffed bananas. — Prepare a purée with flesh of 6 or 7 bananas on 12. Cook this purée with 4 spoonful vanilled sugar. When it is well reduced, mix apart from fire 2 egg yolks, beat the whites in snow to which $\frac{3}{4}$ th. will only be mixed. With forcing-bag and round fancy-pipe, garnish the peels giving the form of bananas and put 6 to 8 minutes in medium oven, warmer underneath.

Flamed cherries. — Stone a pound of cherries and poach them in a glassful of red wine sugared and aromatised with some cinnamon, drop them and reduce the cooking to $\frac{3}{4}$ th, mix with half a coffee spoonful fecula and pour on the cherries which are arranged either in timbale or in a vegetable-dish or in small cocottes for eggs (one per person). Pour this boiling sauce mixed with some currant jelly, then a spoonful hot kirsch on each and flame them on the table.

Cherries "à la Victoria." — Put in bottom of egg cocotte a slice of brioche impregnated with kirsch, recover with cherries prepared as above, but without the sauce which will be replaced by a purée of strawberries, sugared, warmed and lemoned.

Clafoutis limousin (8 persons). — 1 lb. 10 ozs black cherries, $\frac{1}{4}$ lb. sugar, 2 ozs flour, 1 $\frac{1}{2}$ tea cupful milk, 3 whole eggs, vanilla, salt.

Mix the flour, sugar and eggs, which are added one by one, a pinch of salt, vanilla and cold milk. When this paste is well mixed, strain it through "Chinois" in order to avoid the grains. Further remove the stones to 1 lb.,

10 ozs very black cherries which are put in a gratin dish for oven and pour the above preparation, powder with sugar. Somewhat hot oven. Serve cold or lukewarm. The clafoutis can also be served in a short-paste as for a tart, it is more fine but not so local colour.

Peaches "à la Condé." — The peaches can receive the same dressings as apricots; see recipes for the latter.

Peaches "à la Coque." — Not too matured peaches, plunge them 3 minutes in boiling water, peel and serve them warm, copiously powdered with powder sugar, recovered with some liquor : kirsch or rum.

Flamed peaches. — Poach and prepare as for peaches "à la coque," but recover them with a light syrup and flame the kirsch or rum when they are dressed.

Pralined peaches. — Poach half-peaches in syrup, keep them somewhat firm, drop and sponge them, arrange each on a small round of genoese paste, making a support and recover with a couch of pralin for "Condé" (see preparations), a little floured, powder with sugar, put 3 minutes in moderate oven and serve with cooking syrup, well reduced, mixed with some apricot marmelade or fecula and perfumed.

Nota. — The peaches are never served with their skins, poach them before peeling them, the skin is removed by itself and the nice rosy colour of matured peach is more accentuated.

Napolitean croustade of peaches. — Bake a crouûte in napolitean paste in a tart circlet, garnish the bottom with almond pastry cream, recover with a light couch of cooked meringue well smoothed on the top, dry in stove and put over halves of peaches.

This is like eggs sur le plat of which the peaches are the yolks and the meringue : the cooked white. A small pinch of vanilla in powder over the peaches will make the pepper. This can be made in tartlets.

Peaches "à la Mascotte." — Poach 6 or 8 nice peaches not too matured, cut in two parts in a vanilled boiling syrup, further prepare a dozen of nice croustades in sugared paste in hollow tartlet moulds, baked in well hot oven. During the cooking of peaches, prepare a pralined cream, mixed with 2 eggyolks and 2 1/2 ozs sugar, then 1/13 oz. rice cream and 1/2 pint milk, boil this cream, stir it with the whip and when it boils, mix 1 3/4 oz. powder of pralin. This cream must not be too clear nor too compact and terminate with 1 1/2 oz. fine butter.

Fill the croustades with this cream, put half a cleaned peach, warm, nap with a spoonful very reduced apricot and sprinkle over some filleted and grilled almonds. Arrange these croustades on a warm round dish, garnished with a serviette. (See illustration, page 637.)

Pears "à la Marie-Anne." — Bake a large galette of ordinary genoese in a tart circlet. Put it on a round dish and dispose in the middle a pyramid of rice with milk prepared as for apricots "à la Condé," leaving a sufficient space for putting the pears upright (one per person) in whole, but small and

which are poached in a vanilled syrup. On the top of rice, without masking the pears, arrange with the forcing bag a decoration of swiss meringue. Put in oven in order to dry it and sprinkle the pears at the last moment with their reduced cooking, mixed with some apricot marmelade. Decorate between each pear with candied cherries and angelica. This entremets can also be prepared with other fruits.

Flamed pears. — Poach the pears in a vanilled syrup, somewhat sugared, arrange them in a silver timbale or in a soufflé casserole, reduce the syrup and add some apricot marmelade, then mix with a very small quantity of fecule, pour on the pears and recover with some kirsch or warmed rum, put the fire when on the table.

Stuffed pears "à la Carmélite." — Poach pears of medium size (one per person) peel and lemon them, not keep them too cooked. When they are lukewarm, cut a part, side of tail, at $\frac{1}{3}$ rd of height. Hollow the middle of pears with the apple-corer fill it with a salpicon of warm candied fruits, cut in dice and mixed with some apricot purée. Put over the stuffed pears the cut part, arrange them on a rice socle made with vanilled sugared milk, but not mixed with egg yolks. Nap the pears only with warm currant jelly, mixed with fecula for well masking the pears. This entremets can be served when cold. (See illustration, page 652.)

Pears "à l'Impériale." — Arrange in bottom of a silver cup a couch of Condé rice mixed with candied fruits, macerated with kirsch. Put over some pears, either whole or in halves according to their size and sprinkle with a currant sauce, mixed with fecula and kirsch. (See illustration, page 665.)

They can be served cold on rice "à l'Impératrice."

Apples "à la Bonne-Femme." — Cut around reinette apples and hollow them with apple-corer, without cracking and peeling them. Put them in an earthenware dish; in the hole in the middle put some butter and sugar, recover with some white wine or water and bake in oven. Arrange on a dish, mix the juice of dish with some apricot and sprinkle over the apples.

Apples "Châteaubriand." — Prepare the apples as above, but peel them. When they are baked, arrange them on small croûtons of bread fried, in butter and nap with warm jelly of currants mixed with some fecula.

Apples "à la Condé." — Proceed as for apricots under this name.

Pralined apples. — Arrange nice halves of apples poached in vanilled syrup, well dropped on very reduced marmelade apples, recover with almond royal glaze, composed of 1 white egg, $\frac{1}{4}$ lb. sugar and $1\frac{3}{4}$ oz. almond very finely chopped. All must form a soft paste.

Well mix this preparation and add in last time a pinch of fecula. When the half-apples are well covered with this preparation, they are powdered with glaze sugar and put a moment in oven for crouting and lightly glazing.

Apples "à la Chevreuse." — Poach in syrup some apples cut in quarters. Then cook $3\frac{1}{2}$ ozs semolina in $\frac{7}{8}$ pint milk, add $3\frac{1}{2}$ ozs sugar, 1 egg yolk

and 1 3/4 oz. butter. Spread a galette of this semolina in a round dish for oven, put the apples over and recover them with swiss meringue. Well smooth the top and decorate with ribbed fancy pipe and put 6 to 7 minutes in very sweet oven. Further put in the motives of decoration pieces of reserved apples of which the half is reddened with carmine. (See illustration, page 636.)

Meringues rice apples. — Prepare apples "à la Condé," as stated for apricots, when the entremets is arranged, recover it with a couch of swiss meringue, well smooth on the top and around in order to mask the apples, decorate with same meringue placed in forcing-bag and with ribbed fancy-pipe. Powder with sugar and croûte in sweet oven not giving too much colour. Before serving the entremets some jelly of currant or apricot can be flowed with the paper cornet in the hole of decoration of meringue.

The apples can also be served on very reduced apple marmelade as for Charlotte, instead of putting on rice and they can also be meringued without putting something over. (See illustration, page 654.)

Apples "à la Bourgeoise." — Peel and empty apples of medium size, cut in two parts obliquely and poach them in a vanilled syrup. Arrange them in a hollow dish for oven; fill the hole of each piece of apple with a salpicon of chopped candied fruits. Recover all with a good couch of vanilled pastry cream, very light (i. e. with less flour than stated in the recipe).

Sprinkle over some finely chopped almonds, powder with sugar and recover with melted butter, put in oven for gratining the top.

Apples "à la Manon." — On very reduced apples marmelade put small quarters of apples poached in reddened syrup, put between each a small piece of macaroon and recover all with rhum apricot.

Jewish Schaleth. — This Jewish entremets is made with noodle paste and 7 ozs apple marmelade, 2 ozs Malaga raisins without pips, 3 ozs Smyrna raisins, 2 spoonful rasped bread, 3 ozs dry raisins, peel of half an orange and half a lemon, a pinch of nutmeg, 3 spoonful sugar, 3 spoonful Malaga and 3 eggs.

Plunge the raisins into boiling water, sponge and mix them with marmelade and all the ingredients. When all is well beaten the marmelade must be very thick and terminate with the eggs. Spread the noodle paste somewhat thin, put it in a greased cocotte, fill with prepared marmelade and recover all with a thin slice of same paste pasted on the one exceeding the cocotte. Make a small hole in center and bake in moderate oven during 3/4 th hour. Let it stand 10 minutes before demoulding.

COLD ENTREMETS

Bavarians

The entremets called "Bavarians" (which must not be confounded with the warm drink called Bavarian) is prepared either with cream or fruits. The cream is indicated in the chapter of creams and mixtures under the name of pasted English cream. It is repeated once for all (8 persons).

Vanilla Bavarian cream. — Whip 3 egg yolks, $\frac{1}{4}$ lb. sugar, pour over $\frac{1}{2}$ pint boiling milk, in which a clove of vanilla is infused. Mix put on the fire and stir slowly with spatula, without boiling. When the cream is going to boil add, apart from fire, about $\frac{1}{4}$ oz. gelatin (or about $\frac{1}{2}$ dram per person) first soaked in cold water and well pressed in the hands. When the gelatin is melted, strain the cream. Let it get cold and before it is a jelly, add $\frac{1}{2}$ lb. whipped cream. Pour the preparation in mould with pipe which is wet insidely with cold water and furtherly put in crushed ice.

Demould. Put a small knife around the mould, depaste one side of the entremets and blow in the hole, return in a plate and it is depasted by itself.

If you have no ice, or in summer, during the warm time, put 1 or 2 drams of gelatin in surplus.

Bavarian chocolate. — Same proceeding as above, putting in the English cream : 5 ozs chocolate or 2 spoonful cacao melted in milk. If cacao is used, add much sugar in the cream than when chocolate is used.

Bavarian coffee. — Same proceeding as for vanilla, with the difference that the English cream will be made with half milk and half very strong coffee, reinforced with some drops of coffee-spirit.

Pralined. Bavarian — Same proceeding as for vanilled Bavarois, in adding to the English cream (at the same time that the whipped cream is mixed) : 2 $\frac{1}{2}$ ozs pralin.

Bavarian pistachio. — Same proceeding as above, adding to the vanilled cream 2 ozs cleaned pistachios, very finely crushed with some kirsch. Reinforce the colour with vegetal green.

Ribonned Bavarian. — Prepare an English cream, without perfume, cut it in 4 equal parts and put in one : vanilla, coffee-spirit in the other, chocolate in the third and pistachio in the last.

Distribute the whipped cream and garnish the wet mould by alternated couches in nettly separating the colours. When demoulded, it has a very nice aspect. (See illustration, page 683.)

Nesselrode Bavarian. — Prepare a vanilla Bavarian, perfumed with rum, mix, when pouring in the mould, pieces of glazed chestnuts, when demould surround with glazed or candied chestnuts.

The glazed chestnuts can be replaced by a purée of fresh chestnuts mixed in the English cream, but it is better to put one or 2 sheets of gelatin in surplus.

Cherry Bavarian. — Perfume the Bavarian with kirsch, add the stoned brandy cherries, cut in two parts.

Diplomate Bavarian. — Prepare a vanilla Bavarian preparation, well perfumed, let set a couch in the bottom of a mould with pipe; which is maintained on ice. Recover the top with a couch of pieces of finger-biscuits, impregnated with kirsch, sprinkle some candied fruits, cut in very small dice and macerated in kirsch; recover with a couch of vanilla cream, then with biscuits and fruits and terminate to fill the mould with cream. Let the ice get set, demould on a serviette. Sprinkle at the same time a kirsch apricot sauce, well cold.

Strawberry Bavarian (8 persons). — This Bavarian can be prepared as all fruit Bavarians, whenever is its nature.

Strain through silk sieve or hair-sieve 1/2 lb. Wood strawberries, well perfumed. Put this purée in a basin with 5 ozs glaze sugar, juice of half a lemon and some carmine. Add 1/3 oz. gelatin (more than for Bavarian cream), which are melted in bain-marie with some water and let all gets cold when the preparation becomes to be coagulated. Then add 1/2 pint whipped cream and mould all as stated above.

"Blanc-Manger" (8 persons). — Crush 1/4 lb. freshly skinned almonds, wet them little by little 2 tea cupful cold water. When the almonds are finely crushed, press all in a tool in order to extract the liquid (almond milk). Dilute "at cold" in this one: 3 1/2 ozs sugar, add about 1/4 oz gelatin melted in bain-marie with some water and when the mixture is nearly set, some spoonfuls of whipped cream can be added in order to render the preparation more light and which must always remains very white. Perfume according to taste, either with vanilla, kirsch, orange, etc... Mould as a Bavarian, let it set on ice and demould on a serviette.

Orange "Blanc-Manger." — Prepare a perfumed blanc-manger with zest of orange and fill the mould by couches of the preparation and couches of orange slices, peeled and macerated in curaçao. Serve apart a Curaçao apricot sauce, well cold. As its name this entremets must be very white, it can never a great number of dressings.

Russian Charlotte. — Garnish a Charlotte mould with well dry finger biscuits. Put in the bottom some biscuits in form of small triangles, returned

to the wrong side (all points joined in the center and well pressed one against the other).

Then arrange the biscuits regularly on the sides and cut one of the ends in order to make it better steady, also arrange on the wrong side, upright around the mould and strongly pressed without taking care of biscuits which exceed and which are not at the same height. Fill the inside with a Bavarian either vanilla or another perfume, but in which there is a less quantity of gelatin. Let it set in a cool place, demould on a serviette at the last moment, after that all the biscuits are regularised at the edge of cream. (See illustration, page 605.)

Charlotte Montreuil. — Garnish a Charlotte mould with Palmer wafers, cut in two parts lengthwise and put all around overlapping one over the other. The bottom of mould is garnished as for the russian Charlotte, but with wafers.

Fill the inside with a Bavarian Peach in which $\frac{1}{4}$ lb. well matured peaches, minced and macerated with sugar and marasquin, are mixed. Demould on a serviette and serve together with a purée of raspberries, well sugared, very glazed and served in a sauce-pan. (See illustration, page 670.)

Charlotte Malakoff (8 persons). — $\frac{1}{4}$ lb. almonds, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. fine butter, $\frac{1}{4}$ lb. whipped cream; vanilla and kirsch.

Mould prepared as for the Charlotte mould, except that the bottom will be simply garnished with a round of white paper. Very finely crush the almonds, adding little by little the sugar and vanilla in powder, mix the fine butter, lightly soft and work all with crusher in order to white and foam the paste, add a liquor-glassful kirsch, put in a basin and mix the whipped cream.

Then put this cream in a mould garnished with biscuits and put it in crushed ice, unsalted. When all is well firm, cut all the biscuits exceeding the mould at the height of cream and return on a dish garnished with a serviette. Remove the round of paper which is on the top and decorate with sugared and vanilled whipped cream with a forcing-bag and the ribbed fancy-pipe. This entremets is exquisite and superior in taste as the russian Charlotte. (See illustration, page 665.)

The cream must not be entirely whipped.

Summer Charlotte. — Cut in two slices a flat genoese, baked on the preceding day. Glaze one with white melting and the other with rosy melting. Cut them in slices of $1 \frac{1}{5}$ inch. Let the melting dry on the cake, then garnish the Charlotte mould with a round of paper in the bottom and a slice of white payer, lightly oiled all the round. Arrange around and upright slices of genoese, alternating the 2 colours and keeping the glazed part towards the outside, of mould. When the mould is prepared, fill it with a Bavarian with strawberries or vanilla, in which a salpicon of raw fruits, macerated in advance in kirsch, has been added. Let it set in a cool place but not in ice and demould on a well cold dish. Remove the paper with care in order to avoid to damage the glazing, keep the round of paper in the bottom and replace by a round of glazed genoese of two colours and decorated with fruits. (See illustration, page 665.)

Caramel cream "Renversée." — Proportions : 1/4 lb. sugar in powder, 7/8 pint of milk, 2 whole eggs and 4 egg yolks, vanilla.

Beat in a basin the eggs, yolks and sugar. When the mixture is well homogeneous, add the boiling milk in which the vanilla has been infused. Let it stand during a few minutes remove the foam and pour this cream through a sieve in a mould of any form which has previously been covered with caramel sugar. Poach in bain-marie, without boiling, in oven, until that under the pressing of fingers, the cream presents a light resistance. This can be ascertained with a knife which must be removed well dry.

Let the cream cold before demoulding.

Nota. — This cream is the sort of cream "renversée" whatever is its perfume. For a coffee-cream "renversée" use half milk and half very strong coffee; 1 egg is necessary in surplus for the chocolate creams.

Marquise Alice. — Prepare a pralined or strawberry Bavarian in using less gelatin than usually. Pour the half of this Bavarian in a round and flat mould, called "manqué" mould, which has been first wet; then on this couch of Bavarian put a couch of finger-biscuits, well impregnated with kirsch, recover with remnant of Bavarian and let it set on ice.

Demould on a well cold round dish, entirely mask this entremets with whipped cream, sugared and strongly vanilled. Well smooth this cream and make on the top and around a garnishing with cornet filled with well mixed currant jelly. Same decoration as cake Mexican. (See illustration, page 654.) (Escoffier creation.)

Small cream-pots. — Same dressing as for caramel cream; but after it has been perfumed, cook it in bain-marie in small cream-pots or in small porcelain "cassolettes." As the cream is not to be demoulded, suppress the 4 egg yolks, as stated.

French cream. — Simple vanilla cream "renversée," without caramel, poached in a Charlotte mould. When it is well cold and demoulded, decorate with very firm Chantilly with the ribbed fancy-pipe.

"Beau-Rivage" Cream. — With the above preparation, mix caramel sugar instead to put it around the mould, then poach this cream in a buttered and sugared savarin mould. When it is well glazed, demould on a round dish, garnish the hole in the middle with well firm Chantilly cream and surround it with a dozen of small cornets in cornet paste, also filled with Chantilly cream with the forcing-bag and ribbed fancy pipe.

The entremets can be garnished in colouring the half cream in rose with some carmine and the half of cornets are garnished with white cream and the other half with rose cream in alternating them. On the top of cream, prepare some rosy points. (See illustration, page 668.)

Royal cream. — Poach a pralined cream "renversée" in a smooth border mould. Demould it well cold and garnish the middle with a Chantilly cream mixed with wood strawberries. Decorate with small strawberries.

Saint-George cream. — Garnish a Charlotte mould with a good couch of kirsch jelly, put over a decoration of medium strawberries, cut in two parts and placed on the jelly, one on the slice and the other on the red part, also decorate between the strawberries with small motives, cut in a crêpe which has been prepared in advance. Fill the mould with a good strawberry Bavarian, in which a handful of wood strawberries has been mixed. Let it set on ice, demould the entremets in very quickly soaking the mould in somewhat hot water. Surround with remnants of kirsch jelly which is lightly made in rose and which is chopped or disposed in croûtons.

Hindu cream. — $\frac{1}{4}$ lb. sugar, $2\frac{1}{2}$ ozs almonds in powder, 3 whites of eggs, $\frac{1}{2}$ pint whipped cream; half of ananas, vanilla.

Cut the ananas in very thin half-moons, either fresh or preserved, poach these slices in a vanilled syrup, drop them on a linen. Prepare a somewhat large savarin mould, butter it and sugar it, put the slices of ananas in overlapping ones over the others, in order to garnish well the mould.

Beat in very firm snow the 3 whites of eggs, in which the vanilled sugar and the almonds in powder (very dry) are mixed. Fill the mould with this preparation, demould on a round dish, garnish the middle with Chantilly cream and nap the ananas with kirsch apricot sauce.

Printania cream. — Chantilly cream mixed with some strawberry purée, arrange in a cup and surround with strawberries, macerated with kirsch and sugar.

Floating Island. — 2 ozs crushed grilled almonds or $3\frac{1}{2}$ ozs rosy pralines, grossly crushed, $\frac{1}{4}$ lb. sugar, 4 egg yolks, vanilla.

Beat the whites of eggs in very firm snow, mix the sugar, vanilla and the pralines or almonds. Pour the preparation in a timbale mould, buttered and sugared, or caramelised and poach in sweet oven, in bain-marie, during about twenty minutes. Let it get cold, demould in a marmelade-dish or a hollow-dish, in which a good English cream, well cold, has been put.

Sprinkle over the floating island, either Corinthian raisins or some grossly chopped pistachios. (See illustration, page 685.)

Eggs "à la neige." — Beat in snow 3 whites of eggs in which $3\frac{1}{2}$ ozs sugar in powder, well vanilled are mixed. Then boil in a pan $\frac{7}{8}$ pint milk with a branch of vanilla and let the whites fall per spoonfuls, poach without boiling and return the eggs after 2 minutes with a fork. When they are firm, drop them on a cloth, use the milk of their cooking for making an English cream which must get cold. Pour the cream in a hollow dish and dispose the eggs over. Serve well cold.

Pralined eggs "à la Religieuse." — Beat 4 whites in firm snow and sugar them with $\frac{1}{4}$ lb. vanilled sugar. Cook them per spoonful in a pan of boiling water, without it cooks, as for eggs "à la neige." Drop them and let them get cold. Prepare a chocolate English cream with 2 egg yolks, $2\frac{1}{2}$ ozs sugar, well mixed together, then 3 deciliters milk in which 5 ozs chocolate

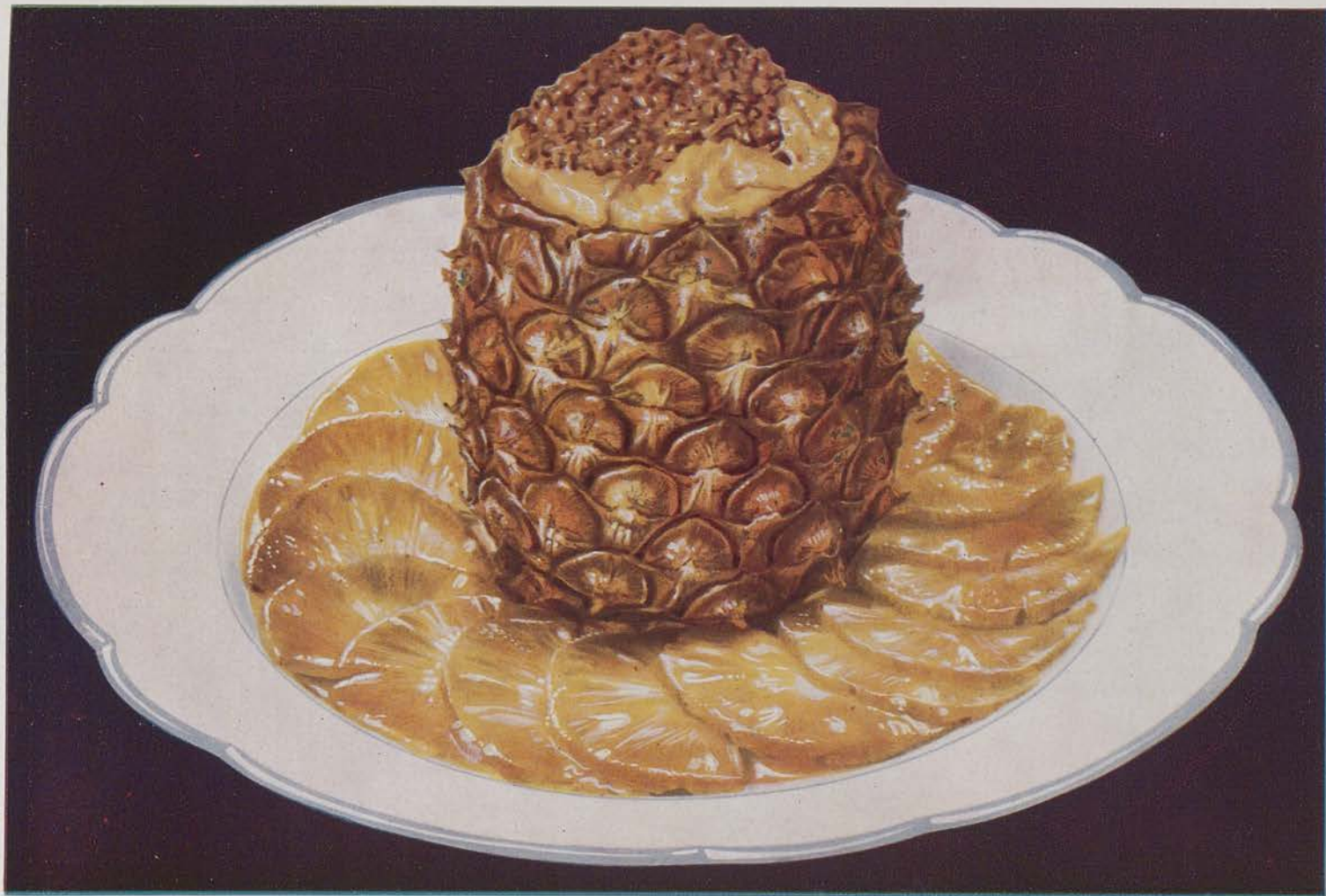


Fig. 384. — Ananas "à la Bourdaloue" dressed in the fruit (see page 641).

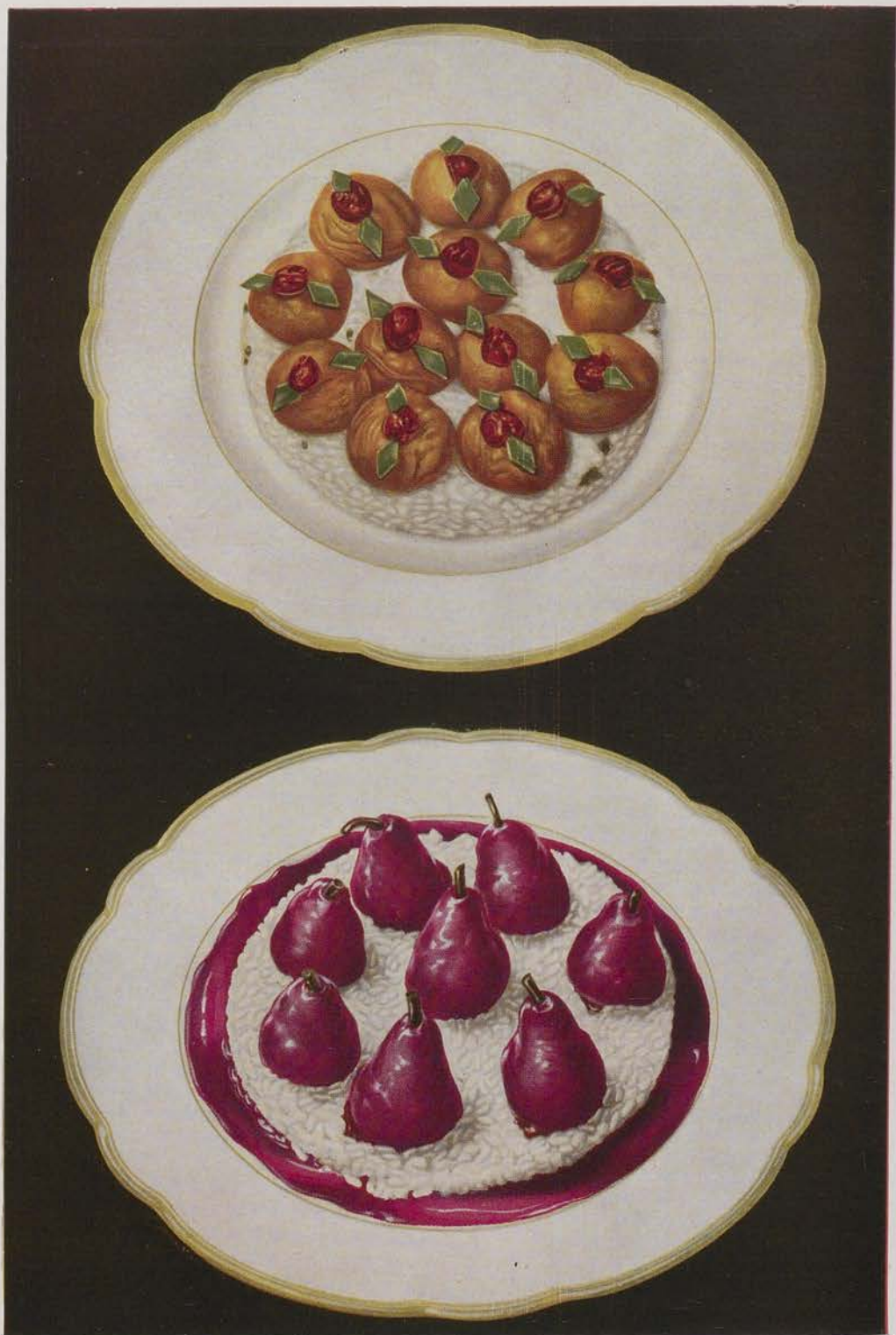


Fig. 385. — Apricots "à la Condé" (see page 642).
 Fig. 386. — Stuffed pears "à la Carmélite" (see page 644).



Fig. 387. — Apples "à la Bourdaloue" (see page 642).
 Fig. 388. — Glazed apricots "à la Royale" (see page 663).

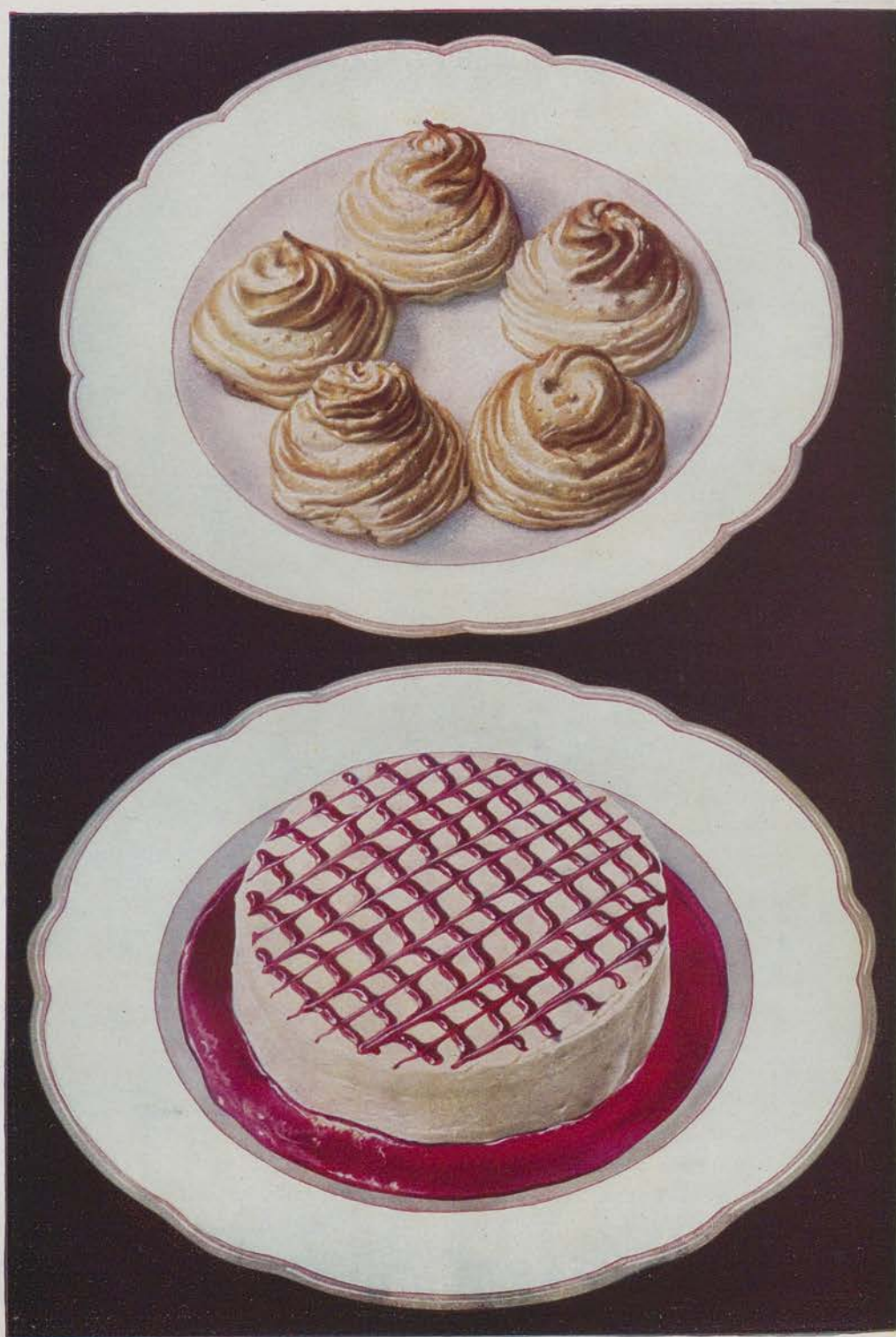


Fig. 389. — Meringued apples (see page 645).

Fig. 390. — Marquise Alice (see page 649).

are cooked. Mix this cream without boiling and let it get cold. Copiously nap the eggs and sprinkle over a handful of chopped and grilled almonds or crushed pralines.

Balls of snow on chocolate. — Prepare the eggs "à la neige" as stated above, but well round, poach them in water and serve them on a very chocolate English cream.

Nota. — In cooking the eggs "à la neige" in water instead of milk, they are nicer.

Flamri of semolina. — 1 tea cupful white wine, 1 tea cupful water, 1/4 lb. corn semolina, 1/4 lb. sugar, 5 whites of eggs vanilla.

Boil the white wine and water together, pour the semolina in rain in order it is well cooked. Then add the sugar and vanilla, remove from fire, mix 2 natural whites of eggs, very quickly in order to have not the time to cook, then add 3 other whites of eggs in firm snow. Pour the preparation in a buttered and sugared mould with pipe. Slowly poach in oven, in bain-marie, during 35 minutes. Let it get cold, demould on a cold dish and serve around and apart a kirsch currant sauce. (See illustration, page 667.)

Flamri of semolina (2nd recipe). — This recipe is somewhat different from the above. Boil 1/2 pint vanilled milk and cook 2 1/2 ozs semolina, add 1/4 lb. sugar, but apart from fire 3 drams gelatin soaked in cold water and melted in bain-marie with not much water. When the semolina is always boiling, 4 whites of eggs in snow are added and all is poured in a wet mould. Put this entremets in ice (which receives no further cooking). Demould and serve as the above with currant sauce and decoration of candied fruits if desired.

Chocolate profiterolles. — Arrange the choux as for the Salambos, garnish the inside with Chantilly or Saint-Honoré cream, put them in pyramid on a round dish and sprinkle over with a warm chocolate sauce. (See fig. 95 and illustration, page 622.)

Warm chocolate sauce. — Melt 5 ozs fine chocolate with a good glassful of water, cook it until it forms like a well smooth cream, thicken it with a little fecula mixed with water, add like a nut of fine butter and pour on the profiterolles in order to nap them well.

Rice "à l'Impératrice." — 3 1/2 ozs Carolina rice, 3 1/2 ozs sugar, 1/4 lb. candied fruits, 3 drams gelatin, 4 egg yolks, 7/8 pint milk, 1/2 pint whipped cream, vanilla.

Boil the rice 2 minutes in water. Drop it and cook it with 1 1/2 tea cupful of milk and half a clove of vanilla. Prepare an English cream with 4 egg yolks mixed with sugar vanilla and the remaining tea cupful of milk, when the cream is mixed, add, apart from fire, the soaked gelatin, and strain all through Chinese tammy, add the rice when it is cooked, let all get cold until coagulation. At this moment mix the whipped cream and the candied fruits cut in very small dice (macerated in kirsch).

Pour the preparation in a mould with pipe, let it get set in ice or in default of ice put 1 dram gelatin in surplus.

Demould on a well cold dish and surround with a good currant jelly, mixed with kirsch and well smoothed. (See illustration, page 667.)

Rice "à la mandarine." — Same proportions and proceedings as above, replacing the perfume of vanilla by zest of mandarine in the rice and in the cream. Add some carmine for giving an orange tint, replace the candied fruits by zest of 3 mandarines cut in Julienne and boiled in water during 3 minutes. With the exception of these details, the work is exactly the same as for rice "à l'Impératrice." Arrange this entremets in a wet mould and let it get set on ice. Demould and put around a crown of cleaned mandarines, macerated during 1/2 hour with sugar, light apricot marmelade and curaçao. When the entremet is arranged, sprinkle over zest of mandarine orange, sauce apart. (See illustration, page 685.)

The mandarines can be replaced by oranges.

Chestnuts Frou-Frou. — Arrange rice "à l'Impératrice" in a border mould. Demould and garnish the hole with Chantilly cream. Prepare small cornets of paste, fill them with a chestnuts purée; sugared and vanilled and put them on the border which is decorated with the forcing-bag with reserved Chantilly cream mixed with some chestnuts purée. (See illustration, page 666.)

Vacherin "à la Pompadour." — 2 ozs almonds, 3 1/2 ozs sugar, 2 table spoonful flour, 2 table spoonful butter, 3 whites of eggs.

Beat in a basin the sugar and the 3 whites of eggs during 5 to 6 minutes and mix the almonds in well fine powders, the flour and further the melted butter. Spread this paste on a buttered and floured plate-iron in a slice of length of plate-iron, thick of 1/8 inch and large about 4 inches. Bake it in somewhat hot oven during 15 to 18 minutes and return it quickly on the table to regularise it. Roll it quickly when it is warm and soft round an empty tin, let it get cold in making the form of a timbale without bottom. Join the two ends with some caramel sugar and paste it on a bottom in sugared paste more large and cooked in advance.

With remnant of almond paste, prepare about twenty small cornets which are pasted with caramel sugar around the top of this timbale, in the outside, and also in the bottom. This vacherin, of the nicest effect, is garnished with cream or ice. The small cornets are garnished with the forcing-bag with well firm Chantilly cream, half with white cream and the other half with rosy cream. (See illustration, page 686.)

Jellies

Kirsch jelly. — Proportions : 5 ozs sugar in pieces, 7 drams gelatin, 2 1/2 tea cupful water, 3 table spoonful kirsch, a little vanilla.

Prepare a syrup on the fire with water, sugar and vanilla. Cook it during 2 or 3 minutes and let it get cold. Add the melted gelatin, strained through a linen (first soaked in cold water, put in bain-marie in half a cupful of water). When all is cold, perfume with kirsch or with another liquor.

This jelly is generally used as accessory of entremets.

Moscovite of strawberries. — Mix in 1 1/2 tea cupful kirsch melted jelly or in Champagne 1/2 pound strawberries, well perfumed, strained through sieve. Strongly colour with carmine and mix the juice of a lemon. Put the mixture on crushed ice and very quickly whip as for the whites in snow in order it is coagulated. Rapidly pour in a mould (wet with warm water) and put in crushed ice mixed with a small handful of grey salt.

Demould on a serviette and serve at the same time a purée of sugared and well glazed strawberries.

Moscovite of apricots. — Same proceeding as above in replacing the strawberries by 1 lb. apricots, strained through sieve after they are poached in a vanilled and cold syrup. Well glazed kirsch apricot sauce.

Nota. — Whipped jelly on "glace mousse" exactly as for white of egg in snow. Reinforce the colour if the entremets must be red, in taking in notice the decoloration produced by the whip.

Orange jelly. — This jelly is different from the above. Take a dozen well matured oranges, cut them in two parts, empty the inside with a silver spoon in taking in notice to remove the white skin and pips which give a bitter taste. Then crush the pulp of oranges in a copper pan, not tinned, at the first simmering, drop in a linen and press in order to extract the juice. Weight the juice which is put in the pan with same weight of sugar with in surplus 5 or 6 pieces of sugar which are brushed with zest in order to give the perfume, cook at small simmerings, in carefully skimming. When it makes no further foam, remove the syrup, when it is nearly cold add 4 drams gelatin melted in bain-marie and 1 tea cupful curaçao. Put on ice, colour with some carmine and before coagulation arrange this jelly either in the half emptied oranges or in small porcelain cocottes, or even in small hollow croustades in short-paste. etc...

Oranges "à la Cyrano." — Cut the upper part of 6 or 8 nice oranges. Empty them with the back of a silver spoon without damaging the skin and prepare an orange jelly, garnish these oranges in more the half with this half-set jelly, put in ice crushed in snow, when the jelly is set mix the remnant of jelly (about 3/4 tea-cupful) with 1/2 pint of whipped cream, add some carmine and with the forcing-bag and a ribbed fancy-pipe, copiously fill these oranges in order that the cream is exceeding. Arrange on a serviette.

Oranges "à la Reine." — Same proceeding. Somewhat cut the flesh of oranges in dice and mix an equal quantity of strawberries, sugar and kirsch. Fill the oranges at the last minute and cover with a spoonful of whipped cream.

Mandarines in surprise. — Empty a dozen mandarines by the opening made in the upper part, press the juice through a linen and add 5 ozs glaze sugar, then 4 pieces of sugar which are brushed on the mandarines for taking the perfume.

Let it melt "at cold," then add 4 drams melted gelatin and when the preparation is coagulated, mix 1/2 pint whipped cream and some carmine. Fill the mandarines with this preparation, recover them and let them get set on ice.

Nota. — It is recommended not to fill too long in advance the emptied oranges, as the white inside skin would give a bitter taste to the inside garnishing.

Suédnoise of apples with jelly. — Peel, cut in small quarters and nettly clean 1 lb. calville apples which are not crushed during the cooking. Poach them in a vanilled syrup composed of 5 ozs sugar and 7/8 pint water, drop them, take the half and give one or two simmerings in a small quantity of syrup strongly reddened with carmine. Let it get cold, with the cooking syrup add 7 drams gelatin diluted in bain-marie and prepare a well clear jelly which is somewhat lemond and strained through a linen. When cold, add 2 liquor-glassful good kirsch, then pour it in a pudding-mould with pipe which is put in the ice. When the jelly is nearly set around the mould, empty it and put it quickly on ice. It must be garnished with a couch of jelly of 1/5 inch. Then decorate the bottom of mould with some pieces of candied cherries, put a range of quarters of apples, alternating the whites and reds, recover with jelly and let it set on ice, put a second range of apples which is recovered with ice and continue up to the top of mould. When the entremets is well set, soak 1 or 2 seconds the mould in somewhat hot water, demould on a well cold dish, surround with remnants of jelly which is lightly reddened and chopped.

Nota. — Suédoises can be prepared with any sort of fruits, and also with a mixing of several fruits, which offers a nice seeing as regards to the tints.

Macédoine of fruits with jelly. — Strawberries, raspberries, red and white currants, some black currants, cherries, peaches, apricots, fresh cleaned almonds, etc... all these fruits (very maturated in order not to cook them) are entering in the macédoine. Join them in a nice crystal salad dish or in a silver timbale (the large fruits are cut and peeled). Pour over a cold jelly made either with kirsch or marasquin or champagne, but pasted with half less gelatin. Keep on ice until the last time and arrange the dish on a serviette.

Chestnuts Mont-Blanc. — Cut around the skin of 1 lb. chestnuts of good quality. Put them in a casserole full of cold water on the fire, until the first simmering. Quickly clean them in removing them one by one from water and without leaving the time to get cold, pour them in a boiling and vanilled milk in order to terminate the cooking. Drop them on a fine tammy through they are going.

Then cook "at bowl" in a copper pan 5 ozs sugar in pieces adjoined with a madeira-glassful water with a clove of vanilla. Mix the purée of chestnuts and like a nut of butter and work all.

Put this chestnuts cream in a forcing-bag garnished with a round fancy-pipe, somewhat fine.

Butter and powder with the inside of a savarin mould and fill it with the chestnuts purée which must form like a nest. Return the mould on a well cold dish and remove it with care. Fill the central hole, at the last moment, with Chantilly cream arranged in dôme. (See illustration, page 668.)

Chestnuts Plombière. — Prepare $\frac{7}{8}$ pint English cream, not much pasted, well vanilled, add $\frac{1}{2}$ lb. chestnuts purée. Pour a couch in the bottom of bombe mould, put over a couch of finger-biscuits impregnated with rum, let this get set on ice, recover with chestnuts mixture, then the biscuits and continue the proceeding until the top of mould. Hermetically close and recover with crushed ice, very lightly salted during 1 hour. Demould on a cold dish and recover with a rum cold Sabayon.

Purée of bananas. — Peel well matured bananas, crush them and mix them with sugar. Strain them through sieve and serve them with small biscuits.

Salad of oranges and bananas. — Cut in slices : 8 oranges, 6-8 bananas, powder them with 7 ozs sugar in powder. Recover them with some maraschin and white wine and let them stand during 1 hour in a cool place. Serve in champagne cups with some biscuits.

Turban d'Agen. — Cook $\frac{1}{4}$ lb. rice in vanilled milk add 3 $\frac{1}{2}$ ozs sugar and 6 drams melted gelatine. When the preparation becomes cold, mix $\frac{1}{2}$ pint whipped cream, pour the mixture in a crown mould, let it set on ice, demould on a round dish and garnish the hole with a marmelade of prunes with red wine mixed with some spoonfuls apricot marmelade, well cold.

Raspberries muslin. — Strain through hair sieve 1 lb. raspberries, mix 7 ozs. Glaze sugar and melt it. Add half a lemon juice and 5 sheets of melted gelatine. Before let it set a jelly, mix $\frac{1}{2}$ lb. whipped cream.

Pour in a cup or in a salad dish, keep on ice and serve with nice strawberries over and finger-biscuits, cut in two parts, around.

Nota. — Fruits can never be strained in other thing than a hair-sieve; the metallic sieve would make the fruits black or violet, owing to the oxydation.

Chocolate Mayonnaise. — Melt $\frac{1}{2}$ lb. chocolate in a small quantity of water. During this time work with spatula 7 ozs sugar and 6 or 7 egg yolks. Then mix the well cooked chocolate, give one simmering and add apart from fire 5 ozs fine butter. Serve well cold.

The quantity can be increased if adding the 3 whites in snow, but the chocolate colour is less accentuated.

The Russian cap. — This entremets is nearly an ice.

Prepare a syrup with $\frac{1}{2}$ pint water and $\frac{1}{4}$ lb. sugar and pour it slowly on the 5 egg yolks. Put the mixture on the fire and let it set as an English cream without boiling. Mix 7 ozs fine soft chocolate in oven and well mix it until it is very smooth, let it get cold and add $\frac{1}{2}$ lb. whipped cream.

Pour in a soft madeleine mould, cover and close the joining of cover with some butter. Put in salted ice during 2 hours.

For serving, remove the cover, hollow somewhat the center of entremets and introduce therein two tablets of rasped chocolate, put removed ice for closing the opening and demould on a round dish, recover with chocolate English cream mixed with 2 spoonfuls whipped cream.

Tête de Nègre. — Make a preparation of rice pudding with 5 ozs rice, 7/8 pint milk, 1/4 lb. vanilled sugar and 3 eggs the whites of which are in snow. Cook this rice in a mould of half-spheric form and after it has get cold and is demoulded, recover with an English chocolate cream, somewhat thick. This entremets can also be served warm.

Entremets of cold fruits

Strawberries "à la Cardinal" (6 persons). — Refresh on ice 1 lb. well firm and nice strawberries, strain through sieve 1/2 lb. raspberries, add to this purée 5 ozs glaze sugar, 1 coffee-spoonful lemon juice and melt the sugar "at cold" in keeping this purée on ice.

Arrange the strawberries in cup or in well glazed timbale, nap them with raspberries sauce and sprinkle over some fresh filleted almonds.

Strawberries "Margot." — Prepare a strawberries Bavarian with a small quantity of gelatin, put it in a timbale or in a crystal cup somewhat large, which is kept in crushed ice. When the Bavarian is set, put over large strawberries and between each make with the forcing-bag and the ribbed fancy-pipe a point of Chantilly cream. Sprinkle over some filleted pistachios. (See illustration, page 709.)

Strawberries "à la Singapour." — Macerate with sugar and kirsch 1 lb. wood strawberries and 1/2 lb. fresh ananas cut in small dice. Keep all in ice, prepare rice "à l'Impératrice" which is arranged in a border mould. Demould on a well cold round dish and put over the strawberries and ananas in the middle, then with the macerating syrup mixed with purée of fresh apricots, recover all.

Chantilly strawberries. — Prepare a good Chantilly cream as firm as possible, sugar it and vanille it at the last time then with the forcing-bag and the ribbed fancy-pipe, arrange this cream in crown on a round dish and garnish the center with nice strawberries kept on ice and powdered with vanilled sugar. All dressing is convenient, where cream and strawberries are joined. (See illustration, page 709.)

Meringue "Fraisalia." — Fill the meringues with a salpicon of wood-strawberries, macerated in kirsch and recover with Chantilly. (See illustration, page 709.)

Peaches "à la Cardinal." — Proceed exactly as for strawberries under the same name, but with the difference that the peaches are poached in advance in a vanilled syrup, either in whole, or in half and cold on the ice. (See illustration, page 672.)

Peaches "à l'Aurore." — Let set in a hollow crystal cup a light vanilla Bavarian, somewhat thickened with some fecula and mix when cold somepurée of fresh and well glazed strawberries.

Sprinkle over some filleted and grilled almonds.

Peaches "à la Réjane." — Prepare small croustades in "frolle" paste. Garnish the bottom with a spoonful kirsch jelly and let it set in a cool place. Arrange on each half a returned peach poached in syrup and cold, put a crown of small wooden strawberries between the peach and border of tartlet. Fill the hole of peaches with some Chantilly cream placed with the forcing-bag. Serve on serviette. In default of strawberries, some half candied cherries can be put. (See illustration, page 672.)

Peaches "à la Ninon." — Prepare a rice à "l'Impératrice" in a small bombe mould. Make an English cream pasted, in which a good quantity of candied fruits cut in dices and macerated in kirsch are mixed.

Let this cream get set in a border mould, of which the hole is sufficiently large to demould the rice "à l'Impératrice." Demould the border and put the rice in center put half-peaches, poached and well glazed, over the rice. Nap with cooking syrup and mixed with apricot marmelade and perfumed with kirsch. (See illustration, page 683.)

Pears "Almina." — Poach in a vanilled syrup nice melting pears, cut in two parts. Prepare a cream with 3 egg yolks, 3 1/2 ozs sugar and half a coffee-spoonful fecula, pour 1 tea cupful milk, zest of orange and let it set on the fire without boiling. When this cream is cold, add 2 spoonfuls well fresh double cream and zest of an orange cut in fine Julienne and strongly boiled. Then arrange the cold pears one against the other in an hollow dish, nap them with cream and put a Chantilly spoonful between each. (See illustration, page 684.)

Pears "à la Carmen." — Poach the pears cut in two parts or in quarters according to their size, let them get cold. Further prepare a strawberries Bavarois, lightly pasted which is poured in a nice crystal-cup or in a salad-dish and which is set on ice. Arrange the pears over and nap them with a good vanilla english cream. Sprinkle over some chopped pistachios.

Pears "à la Floretta." — Cook 2 ozs semolina in 1/2 pint milk, add 3 ozs somewhat vanilled sugar, 3 drams melted gelatin in bain-marie and let it get cold. When the preparation becomes to get set, mix 1/2 pint whipped cream, pour in a wet border mould, let it set on ice.

Demould on a round dish, garnish the middle of border with a pears marmelade cut in quarters and cooked in a syrup composed with red Bordeaux wine and sugar, aromatized with some cinnamon. The pears can also be glazed when arranged, nap them with well reduced cooked, mixed with some currant jelly, also flow a lace around the border which is decorated with half pistachios. (See illustration, page 671.)

Pears "à la Cardinal." — Exactly proceed for the pears as stated for peaches under this name or strawberries.

Pears "à la Joinville." — Prepare a caramel renversée cream in a soft border mould. When cold, demould it on a round dish and arrange in the middle a marmelade of pears cooked in a vanilled and lemond syrup. Copiously recover these pears with well firm Chantilly cream. Decorate with the forcing-bag with a lightly rosy cream. Kirsch apricot sauce, mixed with some pears syrup.

Pears "à la Mauresque." — Poach in a vanilled syrup nice half melting pears and let them get cold. Arrange them in a marmelade-dish or in a hollow dish and nap them with a good chocolate English cream, cold and thickened with a pinch of fecula. Sprinkle over a powder of grilled almonds and arrange in the middle of dish a Chantilly cream. Between each pear, put half a banana, poached in syrup and well cold (See illustration, page 684.)

Glazed pears "Ascanio." — Prepare a croûte in Neapolitan "frolle" paste, cook it dry and fill it with a pralined Bavarian, put over nice poached half-pears, hollowed and filled with chopped brandy cherries, mixed with some pastry cream. Nap the pears with a sugared raspberries purée or a jelly, put spoonful whipped cream between each and sprinkle with pistachios or filleted almonds.

Pears "à la Dauphine." — Bake a croûte in a "manqué" mould, garnished with ordinary brioche paste (baking as for all croûtes). Fill it with a fine rum pastry cream.

Put the pears cooked in syrup and cold. Surround them with Chantilly cream. Some candied fruits can be mixed to the pastry cream. (See illustration, page 670.)

Apples "à la Richelieu." — Normal apples which are not crushed during the cooking, poached in vanilled syrup. They are dropped and are getting cold. Arrange them on small rounds of genoese paste making a support and napped with a good jelly of raspberried currants. Fill the middle of apples (emptied with the pipe during the cooking) with a hash of candied fruits also mixed with currant jelly. Decorate each apple with candied cherries and angelica.

Ananas "à la Ninon." — Fresh ananas, the upper part of which is cut. Hollow it very carefully in putting a small knife of 2/5 inch of border and cutting all around.

When the round is nettly cut, put the knife on the side, at the basis of ananas and the lame of knife is turned insidely without changing it to place and without making the opening largest. The inside is then removed and the ananas is presented like a timbale.

Cut in thin slices the removed parts, macerate them in kirsch and sugar, macerate in the same way 1 lb. wood strawberries with 4 or 5 bananas cut in slices. All is kept on ice and also the croûte of ananas. Arrange the

latter on a well cold dish, garnish the bottom with half strawberries and ananas, put the slices of ananas over, upright along the timbale and overlapping and also somewhat exceeding the croûte of ananas.

Continue to fill with Chantilly decorated with remnants of strawberries and surround the ananas with small croustades in frolle almond paste, filled with Chantilly cream and on the top of each place a nice strawberry. Serve at the same time a raspberries sauce. (See illustration, page 669.)

Timbale of ananas "à la Vénitienne." — Prepare a kirsch jelly with which a timbale mould is garnished, on this jelly put in the bottom and then against the sides, thin slices of ananas cut in two parts, poached in syrup, well cold and sponged, in overlapping, prepare a Bavarian with remnants of ananas and continue to fill the timbale. Recover all with some spoonfuls jelly and let it set on ice.

Apricots "à la Royale." — Arrange half apricots on a semolina border with whipped cream, perfumed and decorated with coffee-butter cream. In center of the dish, well firm Chantilly cream. Very nice dish which can be made with peaches or other fruits. (See illustration, page 653.)

Mousse Favorite. — 3 1/2 ozs vanilled sugar in powder, 1/2 lb. raspberries, 3 ozs glaze sugar, 7/8 pint whipped cream, 8 shells of meringue, 1 liquor-glassful marasquin. Mix in the whipped cream the vanilled sugar in powder, the marasquin and the shells of meringue which must be very dry, grossly broken. Pour all in a soft bombe mould, cover hermetically, put in crushed ice, lightly salted, during 2 hours. Demould on a well glazed dish, recover with sauce made with the raspberries strained through sieve and in which the glaze sugar is diluted.

Arrange this entremets at the last moment.

Some very simple desserts of fruits

Strawberries foam. — 1 pound strawberries, 4 whites of eggs, 5 ozs sugar in powder, 7/8 pint whipped cream. Strain the strawberries through sieve and carefully mix them with the whites of eggs beaten in snow and the sugar. Arrange in a glass cup and garnish with whipped cream and strawberries. Or : strain the strawberries through sieve and mix them with sugar and whipped cream. Arrange in a glass-cup and decorate.

Maizena cream. — 1 3/4 pint milk, 6 coffee-spoonful maizena, 6 coffee-spoonful sugar, 2/3 eggs, vanilla. Put the milk with sugar and vanilla on the fire, let it cook. Mix the maizena with some cold milk, then pour the milk and cook during about 5 minutes, well stirring all. Then remove the casserole from fire. Add the beaten egg yolks and put on the fire until ebullition. Let the cream get cold and when it is lukewarm add the whites beaten in snow and also some season fruits, minced and macerated in kirsch.

Foamy cream. — Add to the half of a cooked and cold cream 7/8 pint whipped cream and serve surrounded with fruits season, cooked or raw.

Raspberries sauce for entremets. — 1 lb. raspberries, 1/2 lb. sugar in powder, 1/2 cupful cream. Strain the raw raspberries through sieve, mix them with sugar and stir during 8/10 minutes, add half whipped cream. This mixture can be served as cream in a cup or with biscuits.

Melba sauce (Purée of raspberries). — Use the purée of raspberries, fresh and sugared for rice with fruits or cream, ice creams or entremets. It is also served with vanilled ice cream, in the cups. (See Melba peaches.)

Fruits refreshed with champagne. — Prepare a Macédoine of fruits as above, which are arranged in the same way, but instead of bathing them with jelly, recover them with a cold syrup of 32°, add a great glassful of dry champagne or another liquor and put them in unsalted ice during 2 hours. (See illustration, page 671.)

Glazed melon "à l'Orientale." — Take a nice and well matured Cantaloup melon. Make an opening on the top, cutting with the knife about 2 inches of the tail and by the opening, remove the water and grains and then with a silver spoon remove the flesh of melon in pieces, as better as possible, without damaging the skin. Put the flesh in a basin, add an equal quantity of fresh ananas cut in large dice, half a dozen bananas cut in thick slices. Pour all on the melon, add 2 handfuls sugar and 1/2 cupful kirsch, put the top of melon and mask the joining with some butter, keep the melon 2 hours in the ice. Arrange on a serviette after that the butter is removed.

Melon in surprise. — Same proceeding, but leave the flesh around and only the melon with strawberries mixed with sugared purée of raspberries. Keep in a cool place during about 2 hours and pour some kirsch when serving.

Turban with strawberries. — In the center of a kirsch savarin, arrange well perfumed strawberries and recover them with a dôme of Chantilly cream, on which small wooden-strawberries are picked.

Recover at the time of serving with a sugared and well glazed raspberries purée.

Fruits with vanilled cream. — Strawberries or raspberries, small macaroons, vanilla cream. Cover the bottom of a salad-dish with sugared fruits, place over some macaroons, then the fruits and recover with warm vanilla cream. After coolness, decorate with nice fruits and serve.

Raspberries with sour cream. — Mix cream with clotted milk, but dropped. Whip during about 10 minutes until consistency and pour the mixture on the sugared raspberries (or other berries). Sprinkle over some chopped or rasped hazels.

Marmelades of fruits

The fruits for marmelades must not be too matured, they will be poached by halves or quarters, according to their nature and size, in a somewhat sugared and vanilled syrup. Some fruits as pears, cherries or prunes can be cooked in a syrup composed with red wine and sugar and perfumed with cinnamon instead of vanilla.



Fig. 391. — Glazed pears "à l'Impériale".



Fig. 392. — Charlotte "à l'Estivale" (see page 648).

Fig. 393. — Charlotte Malakoff (see page 648).



Fig. 394. — Glazed peaches "à la Melba" (see page 681).



Fig. 395. — Chestnuts frou-frou (see page 656).

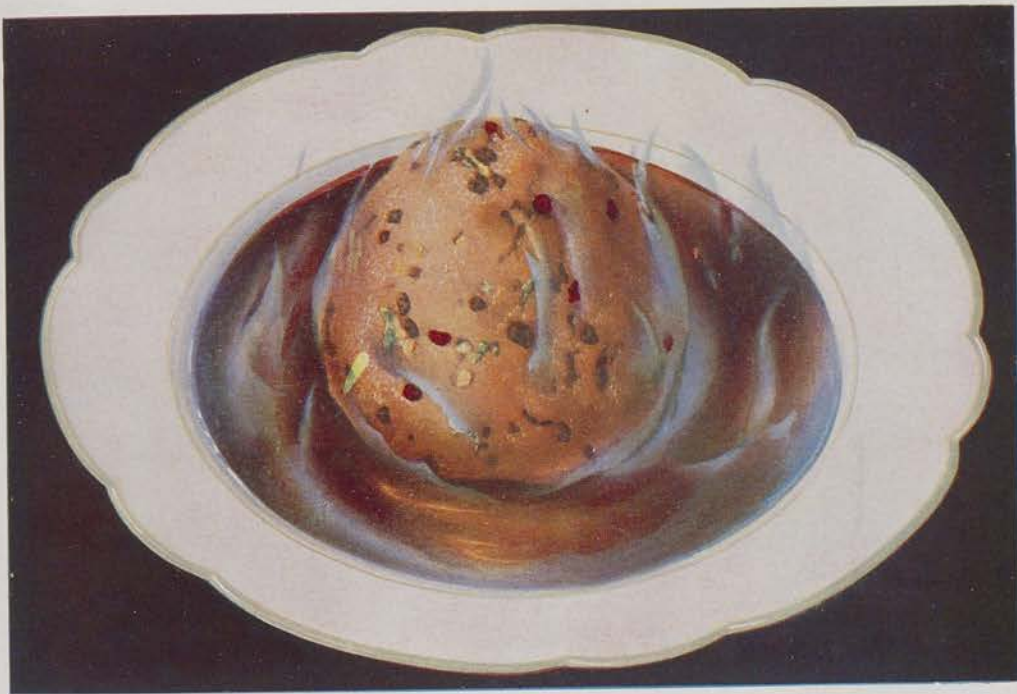


Fig. 396. — Flaming plum-pudding (see page 625).



Fig. 397. — Semolina flameri (see page 655). — Fig. 398. — Rice "à l'Impératrice" (see page 655).



Fig. 399. — Beau-Rivage cream (see page 649).

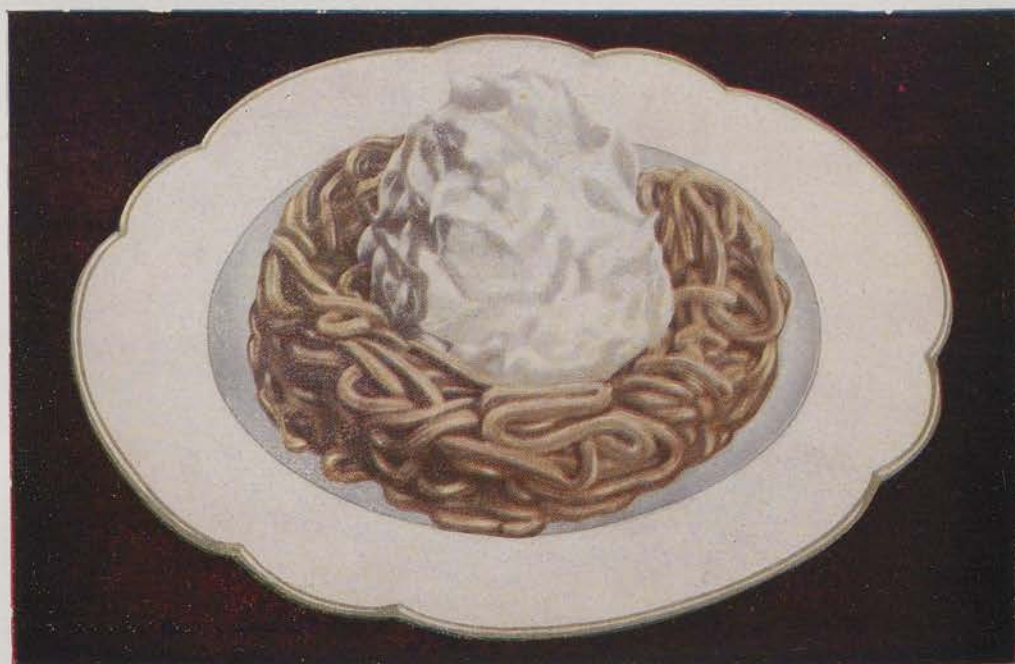


Fig. 400. — Mont-blanc with chestnuts (see page 658).



Fig. 401. — Ananas " à la Ninon " (see page 662).

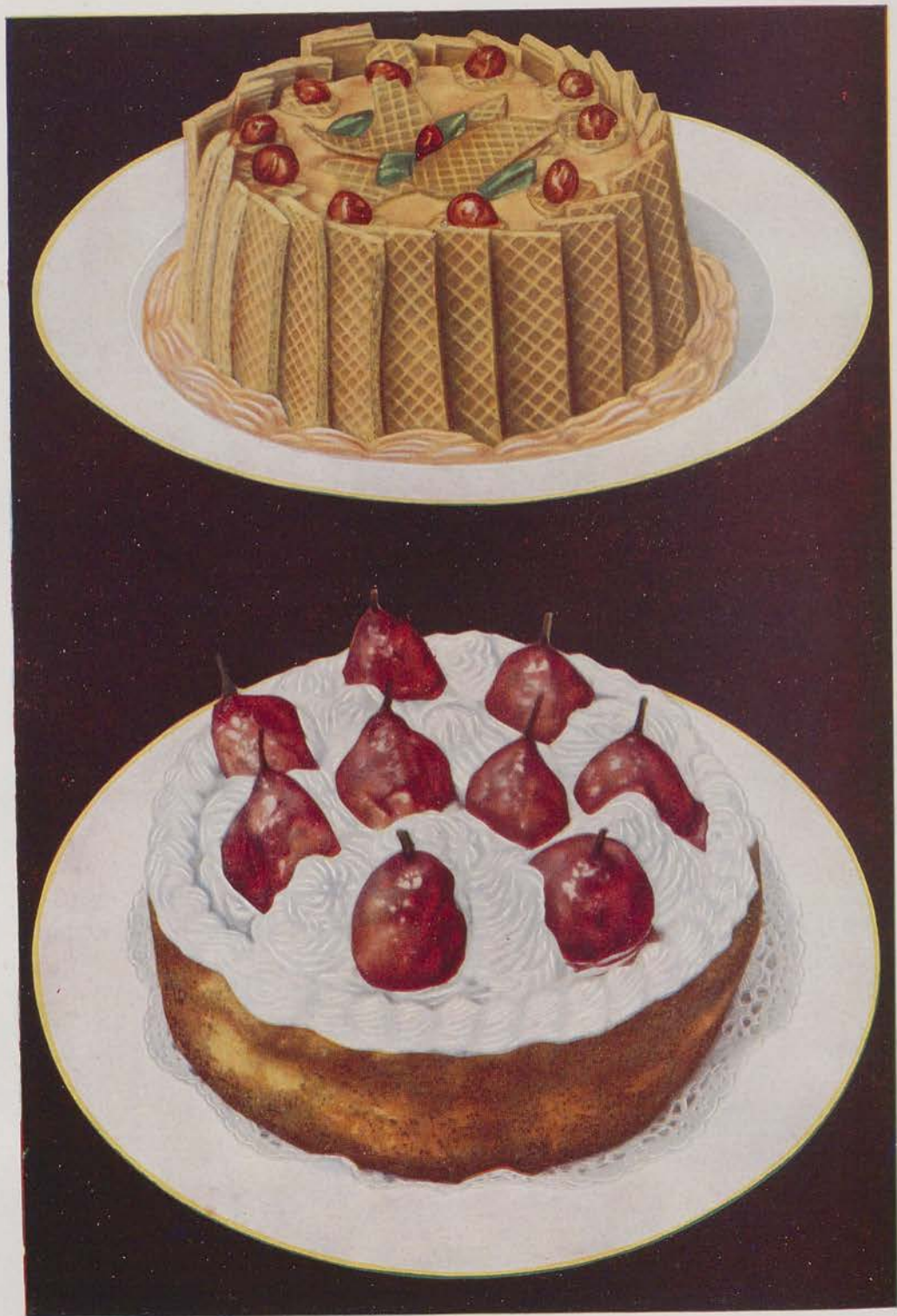


Fig. 402. — Montreuil or Opéra Charlotte (see page 648).

Fig. 403. — Pears "à la Dauphine" (see page 662).



Fig. 404. — Cup of fruits refreshed with champagne (see page 664).

Fig. 405. — Pears "à la Floretta" (see page 661).



Fig. 406. — Peaches "à la Cardinal" (see page 660).

Fig. 407. — Peaches "à la Régane" (see page 661).

The cooking syrup must then be reduced and in some cases mixed with apricot marmelade or fecula, but in a rule, the reduced juice is the only accompanying of marmelade.

Apricot marmelade. — Cut the apricots in two parts and plunge them in to a vanilled syrup of 18°. Only poach them during 7 to 8 minutes, drop them, reduce the syrup to half, arrange the apricots and recover with syrup. Put in the apricots, the almonds obtained in breaking the stone and cut in two parts.

Peaches marmelade. — Same proceeding as for apricot, but as the peach is not so easily crushed as apricot, it can slowly boil. When cooked, remove the skin (not before).

Cherries marmelade. — Stone and poach them in a syrup made with wine or water and very strongly cook. The cherry give much water, the syrup must be then very reduced before to pour the cherries and it must be reduced after the cherries are dropped, this syrup can also be mixed with some arrow-root or fecula and adjoined with some kirsch.

The cherries can be left while with their tails cut in the middle.

Ananas marmelade. — Cut an ananas in thin slices, suppress the heart with the apple-corer, poach it in a vanilled syrup strongly sugared. Arrange the ananas in crown in a marmelade dish and recover it with reduced syrup aromatized with rhum or kirsch. When a preserved ananas is used, proceed in the same way but make the syrup with the juice contained in the box.

Prune marmelade. — Soak the prunes on the day before in water or in wine. Slowly cook them in the syrup made with the wine or water used for soaking them, and sugar.

Strawberries marmelade. — Poach on the side of fire the strawberries in a syrup cooked "at bowl" and perfumed with vanilla. When the strawberries have given their water, arrange them in a marmelade dish, then reduce the syrup and mix it with some currant jelly.

Apples marmelade. — If apples are to be served in whole, they must be small. Peel and empty them with the apple-corer, lemon them and poach them in a vanilled syrup. They can also be cooked in quarters. Well verify the cooking if the apples are fragile.

Pears marmelade. — According to the size of pears, they must be left in whole or cut in two or even several parts. Most of pears can be boiled, the syrup can also be coloured with carmine or prepared with red wine in order to have rosy pears.

Bananas marmelade. — Slowly poach them in a syrup made with some rhum. Leave them whole or cut them in two parts lengthwise, reduce the syrup and mix it with apricot marmelade.

Plums marmelade. — All plums can be served in marmelade, the quetsches for instance are cut in two parts.

Rhubarb marmelade. — Cut the rhubarb sticks in pieces of 2 inches long, clean them and put them in a very small quantity of very strong syrup, as rhubarb gives much water. It becomes rapidly a purée; at the first simmering it is better to cover the marmelade with a white paper and to poach it in oven. Drop it with care and reduce the syrup which must be poured over.

Macédoine marmelade. — This marmelade is composed of all sorts of fruits. They are generally cooked separately in the same syrup and one after the other. However, different sorts of fruits can be cooked at the same time. The fruits giving their colour when cooked, will be poached apart.

All fruits are then joined and recovered with a syrup lightly mixed.

ICES

Parfaits, bombes, mousses, coupes, etc...

The glazed entremets are easy to prepare, but the necessary material must be used and especially a freezing-pail.

When a freezing-pail is bought, choose the greatest model. A freezing-pail of 3 1/2 pts only gives 2 1/4 pints of ice, which is not sufficient for about 10 guests.

The ices are divided in to two parts :

1° With cream (made with egg yolks and milk; example : vanilla ice).

2° With fruits (made with syrup, purée of fruit juice and sometimes with fresh cream).

How to prepare an ice without freezing-pail. — Very easily, principally, when we possess a basin with whites of eggs, but without this, in putting the mixture in a pan or in a round marmite without handle. Plunge this marmite in a greater containing the crushed ice and salted, give with the left hand a movement of rotation and with the right hand keep a spatula which is pressed against the border of the dish and depaste the cream which is glazed around, making like the beater of freezing-pail. The ice is rapidly set, but not so quickly as in a freezing-pail owing to the temperature.

Vanilla ice. — Proportions for 6 persons : 5 ozs sugar, 5 egg yolks, 7/8 pint milk, a clove of vanilla.

Work the egg yolks and sugar until that the preparation becomes white and very creamy. Pour the boiling milk over, in which the vanilla will be put during the cooking and let this cream get set on the fire, without it boils. Strain it, let it get cold, and glaze it.

The freezing-pail will be arranged and garnished with crushed and salted ice (2 lbs 3 ozs salt for 22 lbs ice), with a piece of wood, press it all around and ascertain that all is well in order. Put the cream in the dish and close the cover. Glaze in turning the handle, without haste, until that a firm cream is obtained.

Then put this in a mould which will be filled up to the borders. Hermetically close it and cover it entirely and copiously with crushed and salted ice, in which it will remain until the moment of serving (with a minimise of 1/2 to 3/4 hour). For the demoulding, soak a moment the mould in cold water. Discover it and quickly wipe it, then put a small knife all around in order to remove the ice and let the air enter therein. Return the mould on a serviette, shaking it and serve it immediately.

Coffee ice cream. — Proceed as for vanilla ice cream, but use 2 tea cupful milk and 1/2 tea cupful very strong coffee for making the cream. Also add some drops of coffee-spirit.

Chocolate ice cream. — Proceed as for vanilla ice cream. Add 5 ozs chocolate or 1 1/2 oz. cacao. If chocolate is used do not sugar so much the cream. The contrary applies if cacao is used.

Pralined ice cream. — Mixture of vanilla cream ice without perfume, add when set in the freezing-pail : 1/4 lb. pralin reduced in powder.

Nelusko ice cream. — Prepare a chocolate cream ice, not much chocolated and mix 2 1/2 ozs pralin in powder.

Dame-Blanche ice cream. — Very finely crush 1/4 lb. freshly skinned almonds, and wet them with some spoonfuls of cold water added little by little, in order to prevent them to become oil. Infuse these crushed almonds in 7/8 pint boiling milk which is sugared with 5 ozs sugar, somewhat vanilled. Strain all through "chinois" and let it get cold, add to this milk 1/4 lb. double cream and let it set as an ordinary ice. The characteristic of this ice is its whiteness. Some whipped cream can be put instead of double cream, but this is only added when the ice is set.

Caramel ice cream. — Proceed as for the vanilla cream, without perfume, add 2 ozs sugar melted in somewhat brown caramel and diluted with a madeira-glassful water for making like a syrup which is added to the cream, at the time to take it at the freezing-pail.

Chestnuts ice cream "à la Nesselrode." — Vanilla ice cream, add when set 1/2 lb. vanilled purée of chestnuts, well cold and 6 spoonfuls whipped cream.

Alhambra ice cream. — Vanilla ice cream, more sugar the cream and add when it is well cold a good proportion of purée of fresh and well perfumed strawberries.

Nuts ice cream. — Clean the fresh nuts the skin of which is removed with care, crush them very finely with some drops of milk in order to avoid they become an oil and infuse this paste 1/4 hour in the milk used for making the cream.

Proceed as for the other mixtures, but do not strain it through "chinois." Glaze it as stated above.

Glazed Madeleine. — Vanilla ice cream in which at the time to be moulded, 1 tea cupful whipped cream and 5 ozs candied fruits, cut in small dice and macerated in kirsch.

Plombière ice cream. — Vanilla ice cream arranged in mould, flat in preference, and garnish it by alternated couches of vanilla ice cream, finger-biscuits impregnated with kirsch and candied fruits cut in dice and also macerated in kirsch.

Nota. — For all these preparations, work the sugar and egg yolks during a long time and let the cream set on the fire until the time it would become to boil.

An unsufficiently cooked cream would be dry when glazed. In case the mixture would give one simmering, stir it quickly with the whip.

Fruit ices

For these ices, the principle is entirely different and remains the same for all fruits, with the exception that some fruits give a fat purée, such as the strawberry, raspberry, apricot, etc., and others only give a juice as water, such as : lemons, oranges, ananas. The last ices will be more sugared. Here the saccharometer is absolutely necessary.

Strawberries ice (8 persons). — 1 lb. strawberries, 7 ozs sugar in pieces, 2 tea cupful water, a clove of vanilla, lemon juice, some drops of carmine.

Prepare a syrup with sugar, water and vanilla, when it has given some simmerings, let it get cold, add the purée obtained with strawberries strained through hair sieve; put the juice of half a lemon, some carmine for reinforcing the colour and weight it to the saccharometer which must give 18 to 19°, if the syrup has a greater weight add some cold water, on the contrary in case its weight is less add some sugar in powder, in order it is quickly melted. The syrup is then obtained to the necessary density in order to become an ice and it is more soft.

It is only necessary to put it in the freezing-pail, as for other ices.

Raspberries ice. — Same proceeding, but it is not necessary to reinforce the colour, the purée of raspberries being sufficiently red.

Pears ice. — This can be made with purée of raw pears, strained through hair sieve if they are of a melting quality. If they are hard, cook them in a vanilled syrup and strain them after through sieve, using the cooking syrup.

Melon ice. — Strain through hair tammy the half of a normal melon and mix the pulp with 1 1/4 pint of vanilled syrup. Keep the mixture at 19°.

Peach or apricot ices. — 1 lb. fruits strained through hair sieve and mixed with syrup.

In all fruit ices, even the orange ice, add the juice of a lemon which reinforces the perfume of fruit.

Ananas ice. — Strain to hair sieve the flesh of an ananas and mix it with cold syrup. Give 21° to the mixture.

Lemon ice. — Prepare a syrup as for strawberries ice, without vanilla and infuse the zest of a lemon, finely scraped. Let it get cold and press the juice of 4 lemons, bring the syrup to 21° instead of 19.

Orange and mandarine ice. — The orange ice is prepared in the same way as lemon ice and at same degree. The mandarine ice is prepared in the same way but the syrup has only 19°, the mandarine having a more thick and glutinous juice than the orange and lemon. Lightly reinforce the orange and mandarine ices with carmine.

American mandarine ice. — The mandarine ice is prepared as the orange-ice, but it can also be mixed on the fire with $\frac{7}{8}$ pint of milk perfumed with zest and 1 oz. rice cream (without eggs). When cold, add the juice of 12 mandarines and $\frac{1}{4}$ lb. vanilled glaze sugar. Melt and let it set in a freezing-pail. Lightly colour.

Vanilla Neapolitan ice. — The italian ices are delicious; they are made without eggs and with all sorts of perfumes. Prepare $\frac{7}{8}$ pint vanilled syrup, of weight when boiling of 28 or 30°, let it get cold, mix $\frac{7}{8}$ pint sweet cream called "fleurette" and arrange as for ordinary ices (the cream is not whipped).

These neapolitan ices are prepared with fruits, in mixing together same weight of sugar and fruits, $\frac{7}{8}$ pint "fleurette" for $\frac{7}{8}$ pint mixture of sugared fruits. Let this set on the ice.

Variegated ice. — Prepare at the same time two ices, one cream ice and the other fruit ice, one in the freezing-pail and the other in the basin, put them at the same time in a mould per alternated spoonfuls in order to well separate the colours and to have two vertical perfumes, a separating in paste-board is necessary which is removed when the mould is garnished, before closing it. (See illustration, page 712.)

Parfaits

Sort of very light ices of special mixtures and which does not want a freezing-pail. The mixture is placed in a basin in order to prepare it and directly put in a mould. Place it from 2 $\frac{1}{2}$ to 3 hours in salted ice.

Coffee parfait. — Proportions : 7 ozs sugar, $\frac{1}{2}$ tea cupful very strong coffee, 8 egg yolks, 1 $\frac{1}{4}$ pint whipped cream.

Cook the sugar with coffee, at "thread." Slowly pour this boiling syrup on the egg yolks, in stirring. Whip the mixture until it is entirely cold. Mix the whipped cream and pour the preparation in a parfait mould (ice mould in form of sugar loaf, with hermetic closing). Cover the cover with butter and let it on ice during 3 hours. (See illustration, page 712.)

Nota. — Parfaits can also be made with vanilla, chocolate, pralin, etc..

Mousses

The fruit glazed mousses want a syrup of 32° adjoined with a purée of fruits and whipped cream. We praise the following system.

Strawberry glazed mousse. — Proportions : 1 lb. strawberries, 10 ozs glaze sugar, juice of $\frac{1}{2}$ lemon, $\frac{7}{8}$ pint whipped cream, carmine.

Strain the strawberries in purée in a basin, add the sugar lemon and some carmine. Melt "at cold" and then mix with the whipped cream. Put in mould and on ice.

Vanilla glazed mousse. — Make $\frac{1}{2}$ pint English cream not paste and very strongly vanilled. Let it get cold and mix with $\frac{7}{8}$ pint whipped cream. Mould and put in ice.

Nota. — As all fruit mousses can be made as strawberries mousses, all cream mousses can be made as vanilla mousse, whenever is the used perfume.

Tea-Mousse. — Prepare a very strong infusion of tea (about 1 tea cupful) with which a cream is prepared mixed with 6 eggyolks and 6 ozs sugar in powder. This cream being strained and cold, is mixed with $\frac{7}{8}$ pint whipped cream. Put in mould as for all other mousses, but it is longer to get set than an ice already set when put in mould.

Bombes

Preparation for bombe. — The bombes are constituted by a cover of cream ice or fruit ice, in middle of which an exquisite light and onctuous mixture has been placed. This one can be adjoined with candied fruits, etc., etc...

Take $\frac{1}{2}$ pint syrup at 32° . Mix with 8 eggyolks, strain the mixture through "chinois" and put in bain-marie on the fire, slowly stirring in order to separate from the round of pan the eggyolks which are attached. A thick cream must be obtained. Let it get cold, whip and mix with $\frac{7}{8}$ pint whipped cream and the necessary perfume.

How to garnish a bombe mould. — The mould of flat form will be placed up to the borders in crushed ice. Put the mixture removed from the freezing-pail, in the mould and with a spoon spread in bottom and around up to the top in a well regular couch.

The preparation for bombe being ready, fill the mould up to the edge. Put over a white paper and put the cover. Spread a lace of butter around the cover for covering it hermetically, recover with much crushed and salted ice during 2 hours and even more.

All must be rapidly made.

Bombe Javanaise. — Garnish with coffee-cream ice, in which 4 or 5 spoonfuls double cream, well fresh, are added, fill the middle with a bananas mousse aromatized with rum and mix 2 ozs coffee-grains with liquor.

Bombe Maltaise. — Garnish with orange-ice in which small fillets of candied orange-peel are mixed. Garnish the middle with a curaçao vanilla mousse. Serve this bombe surround with slices of glazed oranges.

Bombe Paul. — Garnish with pralined ice. Garnish the inside with a Chantilly cream with in the middle 2 ozs granulated chocolate which must remain in block and not mixed to the cream, in order that when serving the chocolate is found in grains.

Bombe Falstaff. — Garnish with pralined ice and fill with strawberries mousse. After demoulding, powder with pralin.

Bombe Viviane. — Garnish with vanilla ice and fill with peaches ice. Put this peaches ice per alternated couches with pieces of meringue, somewhat grilled.

Serve at the same time a Sabayon glazed with kirsch.

Bombe Boule de Neige. — Vanilla ice in which, when set, a somewhat good quantity of candied fruits, cut in dice and macerated with a liquor-glassful kirsch (which is also added to the ice) is mixed. Fill a mould in form of ball, when the ice is demoulded mask it nearly entirely with very vanilled Chantilly cream, with the forcing-bag and ribbed fancy-pipe, making small points of cream somewhat rapproched in order to mask all the ice; then put from place to place some crystallized violets. Put this ice if possible, during 1 hour in a refrigerator. Serve this ice with a glazed kirsch Sabayon. (See illustration, page 711.)

Bombe sorcière. — This very original ice is exquisite. Prepare in advance a very thin galette of cooked genoese in a flan circlet. Cut it in triangular pieces, which are used for garnishing a dome mould or a bombe mould of half-spheric form. Fill the inside with a chocolate ice, mixed with 1/2 pint whipped cream. Hermetically cover the mould in putting a lace of butter, then demould it on a cold dish or on a well glazed plate-iron and quickly nap with lukewarm chocolate melting. Sprinkle over some filleted and grilled almonds, remove the seams of chocolate melting and put the ice on a dish garnished with a serviette. The dressing must be very rapidly made, in order to avoid that the ice begins to melt. (See illustration, page 711.)

Bombe Dame-Blanche. — Garnish with vanilla Neapolitan ice and fill the inside with almond milk mousse; an absolutely white bombe is then obtained.

Bombe Comtesse Marie. — Garnish a square mould, special for the Comtesse-Marie with a vanilla ice. Fill the inside with a strawberries mousse. Close it hermetically and put in ice during one hour.

The contrary can be made : Garnish with strawberries ice and fill with vanilla mousse. (See illustration, page 710.)

Bombe à la Marie-Thérèse. — Same square mould. Garnish with chocolate ice and fill with Chantilly cream mixed with finger-biscuits impregnated with kirsch. Put 2 good hours in ice and decorate with pieces of candied ananas.

Bombe Cardinal. — Currant or raspberries ice outside, kirsch mousse inside.

Bombe Marocaine. — Outside : chocolate, inside : rum bombe with chopped dates.

Bombe Singapour. — Outside : strawberries; inside : ananas mousse with dice of candied ananas.

Bombe Diable-Rose. — Outside : strawberries ice adjoined with some raw cream for making it somewhat pale; inside : curacao bombe with fillets of candied orange-peel.

Bombe Fanchonnette. — Outside : orange ice, inside : pralined bombe with bonbons of liquor, sprinkled over when demoulded.

Bombe Japonaise. — Outside : mandarine ice, inside : tea mousse with macaroons impregnated with kirsch.

Bombe Esperanza. — Outside : pistachio, inside : orange ice with mixed candied fruits.

Bombe Marinette. — Outside : vanilla, inside : raspberries, mousse, etc...

Bush of vanilla ice peaches. — For preparing this entremets, small tin or white iron moulds, representing the peaches, are necessary.

Fill the mould with vanilla ice (or peach ice). Put them in crushed and salted ice during 20 minutes. Demould and arrange them in bush with a serviette. With a brush soaked in some carmine diluted with water, lightly touch one side of the fruit, for making the colouration. Quickly operate the dressing (this can also be effecting in demoulding the peaches in sugar basket). The tail of fruits will be made by a fillet of angelica. (See illustration, page 712.)

Frost mandarines in surprise. — Prepare a mandarine ice with 12 mandarines cleanly emptied (without damaging the skin) by a circular opening made on the side of fruit tail. When the ice is made, fill the mandarine peels which are closed the removed round. Put them in a refrigerator or in default in a large Charlotte mould placed in crushed ice. Close the mould, cover it with crushed and salted ice. Let them stand during half an hour, sprinkle over some drops of water with a brush and let them get frost until the time of serving. Quickly arrange them on a serviette. Take in preference some mandarines having the tail and leaves; the presenting is nicest. (See illustration, page 710.)

Peaches "à la Melba." — This entremets is very easy to prepare. Prepare a good vanilla ice, poach in a vanilled syrup, the peaches cut in two parts. Let the peaches get cold in ice until the time of serving, then arrange the vanilla ice in a nice crystal salad-dish or in a hollow cup or in a silver timbale which is kept on ice. Put the peaches on the ice, sprinkle them with a purée of sugared and glazed raspberries. Quickly arrange and at the last moment. (See illustration, page 666.)

Nota. — Other fruits can be used, according to the season : melting pears cut in quarters, bananas, strawberries, etc... This entremets of which the reputation has made the tour of gastronomic world is due to Mr. Escoffier which was the greatest master of modern cookery.

Glazed meringues. — Garnish the shells of meringues with a spoonful of ice. Arrange on serviette.

Glazed ananas in surprise. — Hollow fresh ananas, as for ananas "à la Ninon." Fill the inside with ananas ice, mixed with small pieces of ananas macerated in kirsch. Put the top with a bunch of leaves.

Glazed oranges. — Proceed as for frost mandarines with some small oranges. Put in the middle a piece of biscuit soaked in curaçao.

Strawberries glazed soufflé. — 10 ozs sugar, 13 ozs strawberries, 3 whites of eggs, 7/8 pint whipped cream, vanilla.

Make an italian meringue which is getting cold on ice, add the strawberries strained through hair tammy then the whipped cream, reinforce the colour with some carmine. For the dressing : take a soufflé timbale, paste all around with some butter a slice of paper which must exceed the timbale about 2 1/2 inches then pour the preparation which must also exceed the height of timbale, being maintained by a slice of paper. Put two hours in a refrigerator; at the time of serving remove the slice of paper, wipe the timbale and arrange it on a serviette, as it would be a warm soufflé of which this entremets gives the illusion.

Nota. — Cream soufflés can also be prepared, i. e. with vanilla, chocolate, etc., but it is only a Bavarian without gelatin, arranged, as it is stated in a soufflé timbale.

Some fantaisies in glazed desserts

Glazed cups (see illustration page 713). — These glazed cups constitute a delicate entremets and are also very often served at a five-o'clock. They are ices combined with fruits and even Chantilly creams and served in smaller cups than Champagne cup (these ones can also be used, but not filling them too much).

Cup Jacques. — Lemon ice mixed with some spoonfuls whipped cream. At the time of serving, add a salpicon of candied fruits, cut in dice and macerated with rum. Arrange in cups and recover with a spoonful rum.

Cup Marguerite. — Strawberries ice. Put on each cup half a peach, poached in vanilled syrup, well cold and returned. Fill the inside with the Chantilly cream with the forcing bag. Put some wood-strawberries around the peach.

Wien cups. — Garnish small fruit cups with glazed coffee and put a border of Chantilly cream with the forcing-bag and the ribbed fancy-pipe. (See fig. 428.)

Cup Marinella. — Strawberries ice arranged in cups, Chantilly cream rosy with some purée of raspberries for decorating the top in form of 8. (See fig. 431.)

Glazed cup Litvine. — Season fruits, macerated with kirsch in bottom of the cup, vanilla ice over, a small dôme of kirsch Chantilly cream on the top. (See fig. 429.)

Devil cup. — Ananas ice recovered with raspberries sauce, surround the border of cup with slices of oranges well cleaned and macerated with Grand Marnier. No Chantilly cream. (See fig. 430.)



Fig. 408. — Peaches "à la Ninon" (see page 661). — Fig. 409. — Ribonné Bavarian (see page 646).

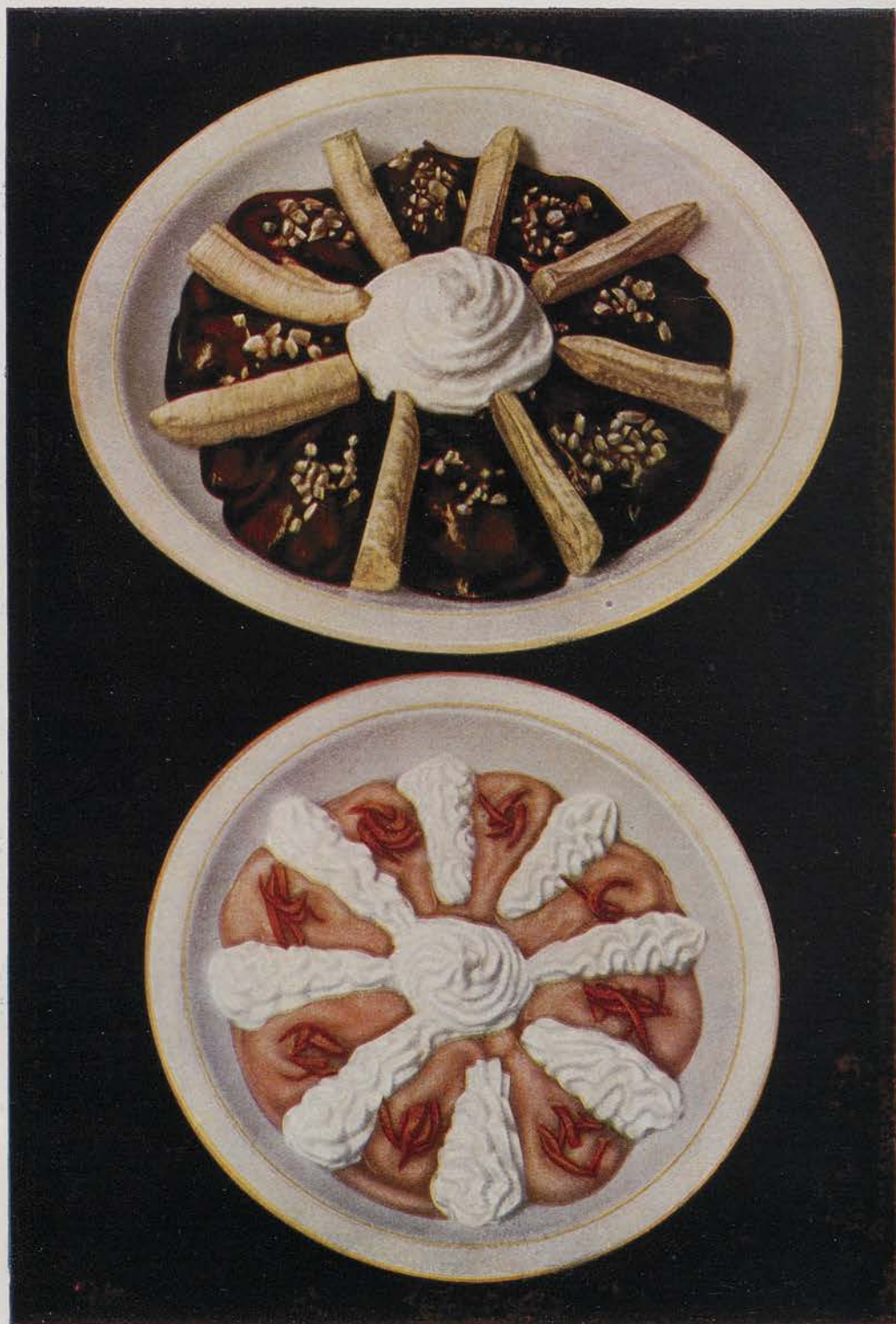


Fig. 410. — Pears " à la Mauresque " (see page 662).

Fig. 411. — Glazed pears Almina (see page 661).



Fig. 412. — Pralined floating island (see page 650).

Fig. 413. — Rice "à la mandarine" (see page 656).



Fig. 414. — Meringued vacherin (see page 563). — Fig. 415. — Vacherin "à la Pompadour" (see page 656).

Cup Ninon. — Pralined ice, make a hole in middle of cup in which a spoonful jam of Bar red currants is put. Surround with a lace of Chantilly cream.

Cup Fortunio. — Coffee-cream ice, sprinkled with crystallised violets, a lace of Chantilly cream adjoined with some chestnuts purée.

Cup Favorite. — Lemon ice-cream, recover with wood-strawberries, macerated with kirsch and recover with raspberries purée.

Cup Melba. — Creamy almond milk ice with half a peach over, recovered with Melba sauce (raspberries sauce).

Cup Victoria. — Vanilla ice, recovered with marmelade of cherries and a border of rosy Chantilly.

Cup Marcelle. — Raspberries ice. Recover with wood-strawberries macerated with curaçao and recover with a spoonful of sugared and vanilled thick cream.

Caprice d'Arlette. — In a cake plate, put some vanilla ice mixed with pieces of glazed chestnuts. Border of perfumed coffee-Chantilly around. (See fig. 432.)

Créole Neigeuse. — In a fruit cup : foamy chocolate ice, well spread flat, put over some large points of Chantilly cream and a round of bananas macerated in rum on each point of cream. (See fig. 435.)

Assiette Tentation. — Pistachio ice in center, in somewhat allongated form, sprinkle some filled and grilled almond over.

Put half a peach with syrup on one side and some Chantilly cream around. (See fig. 433.)

Assiette Martiniquaise. — Orange ice in a cake plate, border of Chantilly around, rounds of bananas macerated with rum on the ice. (See fig. 434.)

Sorbets

The sorbets are sorts of very light ices which are served in special glasses in the middle of dinners, after the entrées, in order to refresh the palate and to better appreciate the value of roast.

The sorbets are generally made with wine, liquor or fruit juice as basis. They are less sugared than the ices and are adjoined, when set, with some meringue.

Sauternes sorbets. — Proportions : 5 ozs sugar, 1/2 pint water, 1 tea cupful Sauternes wine, juice of lemon, 1 white egg of meringue.

Prepare a syrup, let it get cold, add the Sauternes wine and juice of lemon, the mixture must weight 16° (put some water in case its weight is greater and add some sugar in powder in the contrary case). Pour in the well arranged freezing-pail, let it coagulated without stirring, but separate the mixture successively when set around the freezing-pail. When all is glazed, add the meringue. Well mix all and serve in point in sorbet glasses, filled at 3/4 th. Recover each sorbet with a spoonful of set Sauternes (frappé).

Fruit sorbets. — According to the nature of fruits, they will be much sugared according to the fact that some fruits give a fat purée or simply a juice. In the last case, give 17° and for pulp fruits only give 15°.

Lemon sorbets. — Prepare 2 tea cupful syrup in which a zest of lemon is infused. Strain, let it get cold and add the juice of 4 lemons. Weight the mixture which must have 17°. Put it in mould and terminate by the adding of meringue.

Liquor sorbets. — The alcohol being not congelated, the sorbet becomes soft when the alcohol is added.

Kirsch sorbets. — Prepare 7/8 pint syrup at 18°, when cold, composed of sugar, water and lemon juice. Let it get set in the freezing-pail. Mix at the same time 1 white egg of meringue, 3 table spoonful kirsch (the liquor must always be added when the mixture is set). Serve covering with a fillet of kirsch.

Proceed in the same way for all liquors.

Punch "à la Romaine." — Variation of sorbets. Syrup at 20°, perfumed with zest of lemon, zest of orange and juice of lemon and 2 oranges. Add champagne or good white wine for making the syrup at 16°. Glaze and also mix white of meringue. Recover each sorbet with a spoonful of rum. This syrup can also be made without champagne, with tea.

Spoons. — The spoons are sorbets, exclusively made with wine in which twice of meringue is mixed, in order to render them more light. The dressing is the same as for sorbets.

Granités. — The granités are fruit ices not much sugared (12° at the saccharometer). These ices are put in the freezing-pail, but without turning, in order that they are very granulated. They are served either for replacing the sorbets or more often, arranged as entremets in pyramid in a cup with around a crown of fruits poached in syrup. The granités can also be prepared with peaches, strawberries, etc...

Marquises. — They are sorts of sorbets, but in which the meringue is replaced by whipped cream.

Marquise with champagne. — Prepare a syrup of 18°, composed of half water and half foamy champagne. Glaze as for sorbet and mix with whipped cream instead of meringue and in double proportion.

Arrange in champagne cups and sprinkle over some wood strawberries macerated with sugar and champagne.

Serve either as entremets or at tea.

Glazed biscuits

In the ice chapter, must also be shown the glazed biscuits. Their preparing being an impossible thing to effect at home, we only recall them for the memory. Only reputed confectioners can serve these delicate entremets.



JAMS AND JELLIES

The jams have an important rôle in the home necessities and economies.

They constitute a perfectly healthy food, always appreciated, very economic, of which the dressing presents no difficulties and have an absolute conservation in view of winter.

For these reasons, we recommend of preparing these at home.

Apricot jam. — Take well matured apricots, cut them in two parts, weigh them and take $\frac{3}{4}$ th of their weight of sugar which is cooked with sufficient water to be melted. When sugar has boiled during 7 to 8 minutes, add the apricots. Cook on direct fire, in stirring in order it is not attached in the bottom, and this until that syrup slowly falls from the skimmer and per "flakes." Mix to the jam some almonds removed from the stones and put in pots. When the jam is cold, recover the top with rounds of paraffined paper or covered with neutral vaseline, this is better than alcohol which is habitually used and which can evaporate. Close the pots with 2 rounds of paper.

Jam of "Reine-Claude" plums. — Same proceeding as for apricot jam, in quickly cooking for keeping the green tint.

Mirabelle jam. — Stone the mirabelles, weigh and put them in a large basin with 1 $\frac{1}{2}$ lb. crystallized sugar per 2 lbs of fruits. Well mix all and macerate during 24 hours, it is not necessary to add water, cook in stirring with spatula, until all is clear and "at drop."

The apricots can be prepared in this way when they are well matured.

Quetsche jam. — Proceed as for apricots with very matured fruits and the same weight of sugar than the fruits these plums being not very sugared and dry. Macerate them the day before and cook them as stated for the mirabelles, with plus or less water according to the quantity they have given.

Barberry jam. — Grain the berries and put them on the fire just covered with water (after washing).

Cook during 20 minutes, strain all through sieve, mix with same weight of sugar, some vanilla or zest of lemon and cook "à la nappe."

Elder jam. — The flower of elder-tree constitutes a good and very healthy homely jam. Grain the well black elderberries, put them in a basin with $\frac{3}{4}$ th of their weight of crystallized sugar and cook in well stirring in the bottom of basin.

Peach jam. — Use the small peach of direct wind, well matured, treat it as the apricots, but remove the skin.

Pear jam. — Peel the pears, lemon them, cut them in quarters, remove the pips and boil them in lemoned water until they are half-cooked. Prepare a syrup with same weight of sugar than the pears. Cook this syrup during 5 to 6 minutes with enough water in order that the pears are well bathed, they are poured when well dropped of their first water. Slowly cook them until that fruits are cooked. Then activate the cooking for giving consistency to the syrup and when it is sufficiently thick, put all in pots.

Jam of four fruits. — Take the same quantity of peaches, apricots, Reine-claude and mirabelles, stone them, macerate them with 1 $\frac{1}{2}$ lb. crystallized sugar for 2 lbs of fruits, and cook as above.

Convent jam (four fruits, 2 nd recipe). — Here use the red fruits : currants, raspberries, strawberries and cherries.

First prepare the cherry jam as stated far away, and when it is half cooked add the 3 others fruits (the currants are grained, but are entire). Terminate cooking all entirely. Put 2 lbs per 2 lbs of sugar and fruits.

Strawberry jam. — Cook the sugar (1 lb. per 2 lbs strawberries) at pearl pour the strawberries and stew them on the side of fire during about 10 minutes, in skimming. Pour all on the hair tammy and let it well drop. Recook the syrup which has been diluted by the water given by the strawberries, until it has the same degree. Put the strawberries which are left during $\frac{1}{4}$ hour on the side of fire. Drop them again and also cook the syrup for putting the fruits again for the last time and stew them slowly until that syrup makes a "nappe." Only put in the pots in the following day, in order that the strawberries does not come over.

Cherry jam. — Same proceeding than for strawberries, but with 1 $\frac{1}{2}$ lb. sugar if the cherry is sour and only 1 lb. per 2 lbs if it is very sugared.

Jam of entire raspberries. — Put altogether in the basin the raspberries with $\frac{3}{4}$ of their weight of crystallized sugar, and cook in stirring slowly in order it does not burn in the bottom, until that the bottom of basin is seen and put immediately in pots. This marmelade is delicious.

Black currant jam. — It can be prepared in the same way than raspberries jam (which is a marmelade than a jam), or use the following proceeding : 1 $\frac{1}{2}$ lb. sugar per 2 lbs black currants, cook it at small pearl with some

water, pour the well grained and cleaned black currants, let them crack during 6 to 8 minutes on the side of fire and drop them in a hair sieve. Then strain the fruits for making a purée which is recooked with syrup in stirring in the bottom of basin in order to avoid it to burn. When the jam makes the "nappe" put it in pots, it is a jelly.

Raisins jam. — White raisins, not too much matured. Put $\frac{3}{4}$ sugar per 1 lb. raisins, cook it with some water and vanilla at blow. Put the grains of raisins and keep them during about 10 minutes on the side of fire. Then drop them on a tammy with much cares for not crushing them. Cook the sugar at blow and put the raisins for stewing during about twenty minutes or even more, i. e. until that syrup makes the "nappe." This jam cannot be kept for a long time.

Rhubarb jam. — Cut the rhubarb in small pieces and put them in a basin with same weight of crystallized sugar, macerate during 2 hours, then cook altogether until obtaining a very reduced marmelade and put in pots. The cooking is long owing to the water contained in the rhubarb.

Quince jam. — With this fruit, after that the jelly is prepared, a sort of jam can also be made. Some cooking is kept which is added some water and same weight of sugar than the one of fruits. Cook altogether and crasp the bottom of basin until that the syrup makes the "nappe." Must be quickly eaten.

Tomato jam. — Mince the tomatoes, after removing the grains, give 5 to 6 minutes ebullition, drop them, strain the purée through fine sieve and weigh it. Same weight of fruits than sugar. Cook the sugar at blow with some vanilla, add the purée of tomatoes and always stir in order to prevent it to burn. Long cooking, as the jam makes not jelly by itself; in adding some currant or apple juice, the jam is better and is well set.

Bar currants jam. — Made with white currants and others with red currants.

This is a work of patience as all pips must be removed from the grains with a small feather tooth-pick, introduced on the side of tails.

Weigh 3 lbs sugar per 2 lbs of fruits and cook it at small blow. Pour the currants in the cooked syrup and remove them at the first simmering. Pour in small pots.

Orange jam. — Take a dozen of oranges of good quality, strongly pick them all around with a fork for crossing the skin. Soak them in cold water during 3 days, changing the water twice per day, and they must be well bathed. On the third day, cook them entire in a great quantity of water, putting them in cold water. The cooking which is very long is recognized when a straw can be easily introduced in the oranges.

Let them get empty in cold water in order to remove the greater part of bitterness. Cut the oranges in 4 or 6 quarters according to the size, remove the pips and weigh the fruits, add same weight of crystallized sugar.

Wet with the juice of six fresh oranges, add the quarters of cooked oranges and cook all until that syrup makes the "nappe." Well skim the jam during the cooking.

Orange jam (2nd recipe). — Craspe the zest of 12 oranges pick all around with a needle and soak them 4 days in water, in changing it often. Then cook them as above, entirely refresh them and cut them in thin rounds of $\frac{1}{5}$ inch then weigh them and cook them with same quantity of sugar plus the juice of 6 other oranges and the zest removed from the first, add then $\frac{7}{8}$ pint apples juice cook at "thread," pour the cooked slices of oranges, and let stew until the "nappe."

Apples juice. — As orange is not a gelatinous fruit, some apple juice may be used in order that the jam makes jelly. This apple juice is obtained in cooking with $1\frac{1}{2}$ pint water 2 lbs of apples cut in four parts, without being peeled or piped, drop them and recollect all the juice. This apple juice is necessary for making a jelly of all fruit not gelatinous, without denaturing its taste.

Dundee marmelade. — Finely keep the zest of 10 oranges and cut it in fine small fillets; boil and drop them. Prepare an apple juice as stated above and mix with $1\frac{3}{4}$ pint of orange juice pressed when raw, at the proportion of $\frac{7}{8}$ pint juice of apples. Same weight of sugar than the mixed juices. Cook at "nappe," put the zest and let cook during 20 minutes. When it is nearly cold, put in pots.

Pamplermousses (Grape-fruits) jam. — Take off the zest of the pamplermousses. Cut them in quarters, remove entirely the skin and also the white skin which is very bitter.

Prepare on apples juice and a same quantity of oranges juice, sugar a pound for a pound and cook at little "blow." Add the quarters of pamplermousses and continue the cooking during 20 minutes; then put in pots.

Melon jam. — Peel and cut in dice the pulp of a ripe melon (but not too much). Macerate the pulp during 24 hours with 1 lb. of sugar per 2 lbs of melon. Strain the obtained juice and cook it at "thread." Add the pulp of the melon and continue the cooking with a zest of mandarine or orange, until a sort of compact marmelade is obtained.

This marmelade will be perfumed with vanilla.

Water melon jam. — Same proceeding than for the melon, but the cooking is longer, the water melon giving a greater quantity of juice.

Milk jam. — This jam is very appreciated and of currant use in all Spanish lands. Put on the fire the fresh milk, not creamed, with same weight of sugar and vanilla. Stir with spatula until it makes a light "nappe" and that this milk falls in small pearls from the spatula. This is the exact degree of cooking which gives a very good jam for the stomach and delicious to the taste.

Chestnuts jam. — Peel, cook in water without salt, the chestnuts. Drop and strain them through sieve. Weigh the purée and put in the basin same weight of sugar in pieces (not crystallized), with a glassful water per 2 lbs and a branch of vanilla. Slowly cook the syrup during 10 minutes, add the purée of chestnuts, continue the cooking in crasping in the bottom of casserole with spatula. 2 hours of cooking are necessary (in not cooking on direct fire, it is not necessary to stir it consistently, except at the end when it is more compact). Put in pots when well thick.

Chestnuts jam (2 nd recipe). — Cut 2 lbs nice chestnuts, put them on the fire in a somewhat large casserole full of water. At the first simmering, remove the casserole from the fire and remove the chestnuts, one by one, in cleaning them, the two skins are removed at the same time if they are well cut. Pour them in a boiling sugared water, lightly vanilled and terminate the cooking. Drop them and strain them through sieve. Further cook 1 1/2 lb. at pearl, somewhat strongly vanilled and put the purée of chestnuts. Add some spoonfuls of apricot marmelade and cook all until obtaining a sort of thick marmelade. This jam cannot be preserved, it is better to prepare a smaller quantity. By the first recipe, it can be kept for a longer time, but is not so soft.

Homely raisiné. — Peel the pears, fallen or wormy, removing the damaged parts, and cook them minced in water. Further, press well matured raisins in a linen and take 1 lb. sugar for 4 lbs of juice. Cook until consistency of a thick syrup put the well dropped pears and continue to stir on the fire until compact block.

Jellies and marmelades, fruits pastes

Some fruits can be kept in preference under the form of jelly, such as the currant, the quince, etc...

Currant jelly. — Crush the currants with the hand and give one simmering, drop them and when they are somewhat lukewarm, press them through a linen. Weigh the obtained juice and cook on not too quick fire with same weight of sugar. Carefully skim until that syrup makes the "nappe." This jelly is quickly ready, observe it with care, as if it exceeds the degree of cooking, the jam makes pitch instead to be a jelly. Add some raspberries juice to the currants in order to give a finer taste.

Currant jelly "at cold." — Very good currants or raspberries jellies can be made, having a finer and pronounced taste, without cooking them. Press the currants at cold, add the sugar 1 1/2 pound for a pound of juice. Melt in a basin, put in pots, which are exposed to the sun during 5 or 6 hours and this during 2 days. Close them as usually. This jelly cannot be kept so longer than the one made on the fire.

Raspberries jelly. — Same proceeding as for currant jelly. For obtaining a jelly $\frac{1}{3}$ rd of currants may be added.

Black currants jelly. — Half black currant juice and half currant juice, cooked with 1 lb. 9 ozs sugar per 2 lbs juice.

Quince jelly. — Peel the quinces which are lemoned, cut them in quarters and remove the hearts and pips which are covered with a square of muslin. Put these quinces in a basin with water in order to bathe them, put the hearts which give much gelatin, entirely cook and drop. When the cooking juice is strained, add same weight of sugar and put on the fire until obtaining the "nappe."

Apples jelly. — Proceed in the same way, without peeling nor piping the apples. Cut them in four parts and cook them with sufficient water to be well covered. Drop and cook them with same weight of sugar and zest of lemon or orange.

In a general way, this jelly of apples is used for making the entremets or solidifying the jams which are made with not gelatinous fruits. The fruit is then used as marmelade.

Marmelade of apples. — Cook the apples without cleaning them, but cut in quarters with enough water to be bathed, then drop and strain them through sieve. Put the purée for cooking with same weight of sugar or only the half according to the desire. $\frac{1}{4}$ hour on the fire and put in pots. The more it cooks, the more long would be its conservation.

Pomegranate jelly. — Crush the grains of pomegranates without keeping the white skins, press in a linen and cook at the "nappe" as currant jelly with same weight of sugar and put in pots. Some apple juice can be added for well ascertaining the mixture. Zest of oranges.

Jam or jelly of roses. — Apples jelly aromatized with a very little roses spirit and a drop of carmine.

Violet jelly. — In the apples jelly, when cooking, pour 1 or 2 handfuls of cleaned and washed violets. Also cook during 5 minutes and strain through sieve for putting in pots.

Jelly or paste of guava. — Clean the guavas and macerate them a night same weight of sugar, after they are cut in four parts. Then cook during $\frac{1}{2}$ hour and drop them. Mix the syrup with some fecula mixed in cold water and pour in pots.

As regards the flesh, it is strained through tammy, and reduced with a surplus of sugar. When reduced in paste pour it on sheet of paper keeping it somewhat thick and cut it in squares when cold, roll these ones in fecula somewhat sugared.

Apple paste. — Proceed in the same way as for the marmelade but with 2 $\frac{1}{2}$ lbs sugar per 2 lbs marmelade, zest of lemon, vanilla. Reduce all in stirring with spatula. Put over some sugar in powder or on sheets of white paper, regularly spread and let it get cold, then cut in pieces.

Quince paste. — Cook and strain the quince through fine sieve. Put this purée in a basin with sugar at the proportion of 1 1/2 lb. per pound purée of quince. Long cooking of all until that the bottom of basin is seen, without being attached (it is better to cook too long than not enough). Then put a handful sugar in powder on the marble, pour over the quince paste, spread a regular thickness. Let it get cold. Cut in pieces, roll them in crystallized sugar and let them dry before enclosing them in a box kept in a dry place.

Fruits pastes

The fruit pastes are sold in the trade and are generally made with apple or apricot paste, coloured, acidulous and perfumed with spirits according to the indicated taste.

They can also be prepared at home principally with apricots and plums, but it is not possible to obtain such perfect products than those found in trade.

Make a purée of raw fruits with superior weight of sugar and reduce it on fire as stated for the quinces.

PRESERVES

This chapter is one of the most necessary for the housewife in order to enable her to preserve in the best conditions the products of garden and fruit-garden.

Great progress has been made as regards the material for the preserves. Actually, bottles with simple and easy closing can be found.

All products to be preserved must be very fresh; the vegetables when cut or bought and the fruits well ready, less matured than too much.

We are also giving far away some recipes as regards the preservation of meats, fish and game.

General rules for preservation. — It is necessary to make the emptiness in the bottles, i. e. in making the ebullition of same when filled until entire sterilisation.

Preserved natural cherries for tart. — Remove the tails and stone the cherries, boil with some water 2 ozs sugar per 1 $\frac{3}{4}$ pint (1 $\frac{3}{4}$ pint syrup is sufficient for 8 $\frac{3}{4}$ lbs cherries). Pour the cherries in this boiling liquid, give only one simmering, then drop them. Fill bottles with large neck and press somewhat the cherries, taping the bottles on a ployed tool. Put the juice, but only at the half of bottle, close and string it, put them in a marmite or in a lyewashing machine, fill it with cold water and put to ebullition 6 minutes per 1 $\frac{3}{4}$ pint, 5 for the $\frac{7}{8}$ pint; let them get half cold in the water.

Preserves of syrup cherries for marmelade. — It is better not to stone the cherries and to leave a part of their tail. As they are not so easily pressed, they can be put directly in the bottles and a sugared cold syrup is poured over, in the proportion of 5 ozs sugar per 1 $\frac{3}{4}$ pint. Give $\frac{1}{4}$ hour ebullition.

Well press the cherries, in taping the bottles on a tool.

Preserved apricots for tarts. — Cut the apricots in two parts, not well matured, put them in boxes or glass-bottles in somewhat pressing and recover with a syrup as for the cherries. Close and put to ebullition during 25 minutes for 1 $\frac{3}{4}$ pint and 15 minutes for $\frac{7}{8}$ pint.

Preserved syrup apricots for entremets or marmelades. — Proceed as above, but with sugared syrup at the proportion of $\frac{1}{2}$ lb. per 1 $\frac{3}{4}$ pint water. Cook and let the syrup get cold before pouring it over the fruits.

Preserved syrup peaches. — Proceed as for syrup apricots; with not too matured peaches, give 30 minutes ebullition per 1 $\frac{3}{4}$ pint and 20 minutes per $\frac{7}{8}$ pint.

Entire peaches can be preserved, but a greater quantity cannot be put in the boxes.

Preserved mirabelles for tarts. — Stone the mirabelles and put them in bottles or boxes. Recover them with a syrup at 15° and hermetically close them. 30 minutes ebullition per 1 3/4 pint and 20 minutes per 7/8 pint.

Preserved Reine-Claude. — Strongly pick all around with a pin, put them on the fire with much cold water and bring them to ebullition. When they come on the surface, drop and refresh them, put them in bottles, cover with a syrup at 25°, close and bring to ebullition during 10 minutes.

Preserved quetsches. — Proceed as for apricots, either natural or with syrup.

Preserved pears. — Choice matured pears, peel and lemon them, leave them entire or cut them in two or four parts, according to their size and put them in lemoned water.

Put them in a sugared syrup at the proportion of 5 ozs sugar per 1 3/4 pint water and vanilled. Only cook them to half and if they are melting, boil them during 3 minutes. Then place them in bottles and recover with syrup at 3/4 th, close and bring to ebullition during 20 minutes for bottle of 1 3/4 pint and 15 minutes for the 7/8 pint.

Colour the pears in adding some carmine to the syrup, principally when they are dry and of long cooking, as they take the rust colour.

Preserved syrup strawberries. — Choice strawberries of good aromate, not too matured and well healthy, remove the tails and put them in bottles with large neck, pour over, at half height, a cold syrup of 35°. Hermetically close and bring to ebullition during 10 minutes; small bottles of 7/8 pint are only used.

Preserved syrup raspberries. — Same proceeding as for the strawberries, but as the fruit is more fragile, only give 6 to 8 minutes ebullition.

Preserved strawberries juice for ices. — Clean and strain to hair-sieve well matured strawberries, healthy and well perfumed; fill small bottles of 1/2 pint with this juice, hermetically close and string them, bring to ebullition during 25 minutes.

Preserved raspberries and currants juice. — Same proceeding as for strawberries juice.

The pulps and juices can also be preserved, in adding 1/4 of their weight of sugar, melt then on the fire and when ebullition put in bottles. For making the ices it is better not to sugar them, this juice is mixed in a syrup as a fresh fruit.



Fig. 416. — Preserves of green beans. — The beans are put according to their size, the biggest can be cut in two parts.



Fig. 417. — Preserves of fruits. — With syrup. The garnished bottles must be carefully wiped before closing them.

Preserves of fruits by desiccation

Fruits can also be well preserved in drying them, they take less place in the boxes or bottles. Not so good marmelades are obtained.

Dried apricots. — Cut not too matured apricots in two parts and put them on oisery hurdle, put them in a baker-oven some hours after the removing of bread in order that the heat is only that of strong stove. Let them stand several hours 3 following days.

Take them one by one and flatten them as the heat has render them curled, put them side by side and expose them 2 or 3 days in the air, in the sun in preference. Take them back on the night as the humidity would render them soft and put them in boxes when they are well dried.

Preparing of prunes. — These several methods of proceeding: boil them when cut and dry them at the sun on hurdles, without they are touched and this until they are covered with a light white powder.

Another recipe consists to place them on the hurdles, introduce them in a stove at 40°, as stated for the apricots, until they are well shrivelled, then they are exposed to the sun during several days. This work is not very complicated, as only survey is necessary.

Dried apples. — Peel them, remove the pips with the apple-corer, cut them in slices of 1/2 inch, obliquely, dry them in sweet oven in order not to cook them. Put them a night in an oven or in stove and then at the sun returning them several times.

Brandy fruits

Brandy cherries. — Fill the bottles with nice healthy cherries, of which the tail has been cut at half-length. Add 3 ozs sugar per 1 lb. fruits, a piece of cinnamon, a clove, fill with white fruit brandy. Hermetically cover the bottles, put in preference a bladder over the cork, macerate during 5 to 6 weeks, in stirring from time to time.

The cherries can also be macerated without sugar during 1 month and then the syrup made apart can be put over, but as the syrup will have been made with water, the alcohol which is not too strong, will then be feable.

Brandy Reine-Claude plums. — The proceeding is more complicated. Nice plums, not too matured and gathered before the coming of sun, are necessary. Wipe them and pick up to the stone with 7 or 8 picks of pin. (A copper pin is necessary.) Pour them in cold water, boil them in not too salted water. Put them in moderate oven and when the plums come on the surface, remove them with the skimmer and refresh them with glazed water.

In order that the plums are well green, they must be again put in lukewarm salted water (same water can be used) on a moderate fire and kept in this way until that the water boils during about 10 minutes.

They are dropped and washed again, then put in bottles and macerated in the alcohol at 50° during 1 month to 6 weeks. Then drop the brandy and mix it with 1/3rd volume of syrup at 32°, put the plums in several bottles for covering them with their sugared alcohol.

Mirabelles and quetsches. — They can be preserved with brandy, proceeding as for the plums. The mirabelle will only be boiled in one time.

Brandy muscat raisin. — Put nice firm grains in the bottles, without filling them too much. Cover them with brandy and macerate them during 3 weeks. Terminate to fill the bottles with cold syrup made with 1 lb. sugar for 1 1/2 tea cupful water. Shake the bottle for well operating the mixture. Other raisins than muscat can also be put when they are nice and healthy.

All fruits : currants, raspberries, strawberries, black currants, can be prepared in this way.

Preserved fruits with vinegar can also be made.

Plums with vinegar. — Chose somewhat small plums, not entirely matured, wash and pick them. Boil 1 lb. sugar and 3 1/2 pints good vinegar wine, cook 5 minutes and pour the plums in the liquid during 5 minutes, without ebullition. Put in grit pots and pour the vinegar over. Close and keep in a cool place.

Cherries with vinegar. — Take cherries with firm flesh, not too matured, put them in bottles and pour over a vinegar prepared as above, but cold.

These fruits can be used as accompanying of meats, games and poultry.

Preserves of vegetables

The preservation of vegetables is made according to the rules and method shown for the fruit chapter.

Preserved artichokes bottoms. — Peel when raw (as for apples) small artichokes, well tender, leaving only the bottom from which all the leaves are removed. Lemon and boil them 20 minutes in a boiling lemoned water. Then refresh them and remove the choke, put them in preserved boxes of 1/2 pint and recover them with boiled water, adjoined with 5 gr. citric acid per 1 3/4 pint (a coffee-spoonful). Close the boxes and put them to boil during 40 minutes. Let them get cold in water.

Preserved sorrel. — Melt the sorrel with a small quantity of water and after it has been well dropped, strain it through sieve. Boil it during a long time in stirring, then put it in grit pots. When cold, pour over good melted grease, either lard or suet of beef kidney in order to avoid contact of the air.

The sorrel can also be preserved in boxes, soldered and boiled during 1 h. 15 per 1 3/4 pint. They have a longer preservation.

Preserved tarragon. — Remove the leaves of nice tarragon and put them in boiling water, only one simmering, then refresh them, garnish small bottles filled with lightly salted water, hermetically close and boil during 10 to 15 minutes.

Preserved mushrooms. — Clean and peel well fresh mushrooms, quickly wash them without leaving them in water. Cook them as usually with water (small quantity) and a lemon juice per 1 lb. mushrooms. When they are cooked, drop them and put them in boxes or bottles of $\frac{7}{8}$ pint, recover them with salted water in the proportion of 2 tea spoonful salt per $1\frac{3}{4}$ pint and lemon juice or a little citric acid. Close the bottles and boil them during $\frac{3}{4}$ hour.

The mushrooms can also be preserved without any cooking, recovering them with some acidulous and little salted water.

Preserved green beans (Appert system). — Clean well fresh green beans of same size, put them in some boiling water salted and lightly sulphated (facultative). Give 2 to 6 minutes ebullition, according they are fine, normal or big. Drop them and put them in boxes or bottles. Recover them with boiled and lightly salted water. Close the bottles and put to ebullition during 45 minutes for $1\frac{3}{4}$ pint and 35 minutes for $\frac{7}{8}$ pint.

They can also be preserved in closed and stringed bottles. The copper sulphate is only used for keeping them well green.

Preserved beans with salt. — Clean the beans which are boiled during 3 minutes on direct fire, then drop them and let them get cold on a linen. Put them in a wooden or grit bucket per couches of beans recovered with grey salt.

Terminate with salt and put over a board and a somewhat dull weight, a paving-stone for instance, in order that the beans are well soaking in the pickle which is produced as from the fourth or the fifth day. The beans preserved in this way must always be soaked during 24 hours in cold water before being cooked in not salted boiling water.

Preserved green peas "natural." — The peas are preserved when shelled, they are divided in very fine, fine and normal, as their cooking is not the same.

Boil them in boiling salted water during 4 to 8 minutes according to their size, drop and refresh them in current water, put them in boxes or bottles, recover them with lightly salted boiling water.

Close the bottles, bring to ebullition during 1 hour $\frac{1}{2}$ for $1\frac{3}{4}$ pint and $1\frac{1}{4}$ h. for the $\frac{7}{8}$ pint.

Preserved green peas "à la Française." — Prepare and cook them with the usual proceeding (see chapter of vegetables), but only cook them at $\frac{3}{4}$ th, put them when warm in bottles or boxes, close and boil them 2 hours for $1\frac{3}{4}$ pint and 1 hour $\frac{1}{2}$ for $\frac{7}{8}$ pint.

For serving them it will only be sufficient to warm and add some fresh butter.

Preserved half-tomatoes for stuffing. — Cut in two parts normal and well firm tomatoes, empty them delicately, put them in boxes or bottles upside down,

cover them with lightly salted boiled water and cold. Close the bottles and bring to ebullition during 1/2 hour.

Purée of preserved tomatoes. — Melt the tomatoes with onion, "bouquet garni," salt and pepper, drop them until the following day. Strain them through sieve and boil again the purée, stirring with spatula. Put them in bottles or boxes, well close and bring to ebullition during 30 minutes for the 1/2 pint, 45 minutes for 7/8 pint and 1 hour for 1 3/4 pint. A housewife will only make the preserved tomatoes in small boxes to be used at one time.

If a thick and concentrated purée is necessary, as found in trade, the purée must then be reduced longer on the fire, without leaving to stir with the spatula.

Preserved black olives (Picholines). — Well matured, black and large olives; strongly pick them with a pin, put them in a basin and strongly salt them with grey salt, crushed with the roller. As this salt make them get empty, they are shacked from time to time and their water is removed.

Quickly wash them, put them in grit pots and recover them with olive oil, add a pinch of pepper in grains and 1 or 2 cloves.

Preserved gherkins "at cold." — There are two proceedings: Only put the gherkins, brushed and emptied with salt, in bottles with small onions, tarragon, a bay-leaf and recover them with vinegar. After six weeks, they can be eaten. In this way, the gherkins are soft as they have rendered water which has diminished the value of vinegar.

Here is the second proceeding which gives crusty and well green gherkins.

Preserved gherkins "at warm." — Put the gherkins well closed in a linen with a large handful of fine salt and brush and strongly shacked them until they are wet with their water. Hang the linen over the gutter until the following day.

Wipe them in another linen. Redden on the fire a copper pan in which a sufficient quantity of vinegar is poured, in order that the gherkins are well bathed. When it is boiling, pour it in a dish on the gherkins and leave during 24 hours. Same proceeding on the following day in re-boiling the same vinegar. Same proceeding on the following day, but with new vinegar, small onions, pimentos, grains of pepper and tarragon. The gherkins can be eaten 3 weeks after.

The pickles. — Put in bottles gherkins, small bunches of cauliflower, slices of carrots—onions, celery, fennel, i. e. all sorts of raw vegetables. Add vinegar and crushed grains of pepper. Macerate during 1 month.

The achards. — Same sort of Macédoine of vegetables with vinegar and mustard.

The picallili. — Pickles with Cayenne pepper, mustard and Worcestershire sauce, mixed with vinegar.

The aceto-dolce (Italian preserve). — Mixture of fruits and various vegetables, first candied in vinegar and then adjoined with raisins and honey.

We have also a produce of this kind, called ketchup.

The agoureux (Russian preserve). — Cucumbers or large gherkins preserved with salt instead of vinegar.

The gribouis (Russian preserve). — Mushrooms, sort of cèpes, which are much eaten in Russia. They are preserved either by desiccation or pickle.

Preserved entire truffles. — Carefully brush the truffles, which are first soaked in lukewarm water during half an hour. Remove with the point of a knife all remnants of earth which remain in the hole and well wash. Put them all in a cocotte with salt and pepper. Pour over some madeira or white wine (or half of each), until they are wet in half their height. Well cover and cook them in bain-marie during 30 to 40 minutes. Fill boxes of 1/2 pint or 1/4 pint, divide the cooking in the boxes, solder them and bring them to ebullition during 40 minutes. Raw truffles can also be put in boxes and they can be cooked directly with the ebullition, but the boxes would only be half-filled owing to the sinking.

Preserves by desiccation

Beans. — Thread the beans one by one, as for a chaplet, and hang them in a well aired place and without being too much pressed, after 6 to 8 days, expose them to the sun and when they are very dry, hang them in the granary. Soak them in water before the cooking.

Mushrooms, cèpes and morils. — Clean and wash the mushrooms; the large as cèpes or couch mushrooms, the mousserons, etc..., are cut in somewhat thick slices after they are well wiped, thread them in chaplet and expose them to the sun, preserved from dust (cover them with a gaze). Only put them in boxes when well dry.

Various preserves

Preserved eggs. — Actually the eggs are easily preserved with special products sold in trade. The method of using is shown on the packets.

For putting them in lime water, 2 lbs. quick lime will be fused in 6 imp. galls water. Put the eggs in a tun, grit basins, etc... and recover them with this liquid at 2 inches up to the edge.

Nota. — The eggs are first examined with much care. Those which are cracked will be avoided; they are "ascertained" in shacking them in all senses the ones against the others. Those which are not giving a clear sound will be quickly eaten.

Preserved butter. — The butter is preserved with salting with cooking. For salting, mix 1/2 oz. crushed grey salt per 2 lbs. butter.

Per cooking, put it on fire in a pan, let it make some simmerings, always

in skimming and when it has a nice clear golden colour, it is decanted and put in pots. Let it get set and sprinkle a little salt over. Always wash the butter in several waters.

Natural preserved goose liver. — Choose goose livers of good quality, brilliant, rosy and in preference of not a larger weight than 1 lb. With the point of a knife, carefully remove the green part which has touched the gall and also the sanguinolent veins which are on the surface. Put them in a pan or a hollow plate-iron, not too profound and with a cover in order to close them hermetically, salt, pepper and keep the livers upside down and somewhat pressed without being deformed. Pour over some very good melted and well warm lard. Close the dish and place it in bain-marie, poach the livers until that the finger can no longer be put. Let them get cold in their cooking until the following day.

Put in boxes with a bay-leaf, put a goose liver which must fill it near entirely, spread around some grease of cooking, but do not put the grease of bottom which contains some blood and juice obtained by the goose livers. Well wipe the round of boxes cover and solder them immediately, bring them to ebullition during 40 minutes for boxes of about 1 lb.

For obtaining well white goose livers, lightly salt them and bathe them during a night in cold milk, wipe them before poaching them in lard or in goose grease.

Preserved roast partridges. — The partridge and the pheasant can be preserved entirely. Prepare them in the habitual way, barding and roasting, keeping them not too cooked. Let them get cold and put them entirely in boxes. Pour around the roast juice made with remnant of cooking and jelly.

Solder and bring to ebullition during 1 hour $1/4$ per boxes of 1 $3/4$ pint, 1 hour $3/4$ for boxes of 3 $1/2$ pints (pheasant for instance).

Preserve of partridge salmis. — Prepare the salmis as for serving with a very seasoned sauce and with jelly in preference. Put when warm in boxes and give an hour $1/2$ ebullition.

Preserved jugged hare. — Prepare the jugged hare as usually, but keep it $3/4$ th cooked. Put in boxes of $7/8$ pint or bottles and bring to ebullition at least during 1 hour $1/4$. The meats preserved with sauce ferment more easily than those kept dry, they must be observed from time to time and when the box becomes to be gondolated, it must be eaten. Do not use the preserve which, at the opening of box, let the air come in whistling.

Preserved larks, thrush or quails. — This small game can be boned, stuffed with goose livers and put entire in boxes cooked at $3/4$. It can also be poached recovered with a muslin and put in box with the cooked and cleaned heads, fill with jelly, close and bring to ebullition during 1 hour.

COLD DRINKS

Cider of the housewife. — The cider is made with dry apples which are soaked and fermented with 5 or 6 times their weight of water, in adding 5 % of cane-sugar and some grains of képhir. When the fermentation is obtained, a crackling cider is obtained, foamy and very pleasant in summer. It is only necessary to put it in tuns. It can also be put in stringed and standed bottles.

As proportions : 6 1/2 lbs dry apples, 3 imp. galls, 2 1/2 pint water. Add 3 1/2 ozs Corinthian raisins in order to remove the tasteless of this drink.

The Frenette. — Put in a tun an infusion of ash-leaves, obtained boiling the leaves in about 2 imp. galls. 1 1/2 pint water and adding a table-spoonful chicory as put in coffee. Add 1 lb. sugar, yeast and tartaric acid. Let get cold and pour in a tun which is filled with water at 2 inches to the bung-hole for making some place to the fermentation which is operated after 10 days.

To collect from tun.

Proportions for 22 imp. galls drinks : 1/4 lb. ash-leaves, 1/4 lb. chicory, 3 ozs tartaric acid, 2 ozs yeast of grains, 11 lbs sugar and 22 imp. galls water of which 2 imp. galls for the infusion.

Drinks for buffets and receptions

Lemon-soda (12 glasses). — Brush some pieces of sugar on 2 or 3 lemons, in order to have the necessary oil for making the perfume. Put them in a basin with 7 ozs sugar, 2 1/2 tea cupful water and juice of 5 lemons. Melt in a cool place during hours, add either soda, either seltz water or ordinary water and serve with a round of lemon in each glass.

Orange-soda (12 glasses). — Proceed as for lemon-soda. Add to the water in order to melt the sugar half a bottleful of good white wine and juice of a lemon.

Glazed coffee. — Prepare 7/8 pint very strong coffee with very good moka. Add 12 to 14 ozs sugar and melt it. When cold add 7/8 pint sweet cream and 1/2 pint boiled cold milk. Pour the mixture in a freezing-pail, as for an ice and let it get set in stirring from time to time. Serve in well cold cups. This coffee must not be taken as an ice, but must only be thick as a cream in order to be drunk.

Wien coffee. — It is only coffee with milk, in which the milk is replaced by sweet cream. Put over a spoonful whipped cream. In summer, it is served glazed.

Chocolate "à la Viennoise." — Let a good chocolate get cold, add an egg yolk and put it on the fire, without going to ebullition. Whip it at the removing of fire and serve it well glazed with a spoonful whipped cream in each cup.

Marquise (12 glasses). — Put in a crystal dish 1/2 lb. wood strawberries, 1/2 lb. raspberries, 10 ozs crystallized sugar a bottleful Champagne, a bottleful soda and some pieces of ice. Cover and infuse all during 1 hour. Add a lemon juice and serve in profound glasses, dividing the fruits in each glass, and also a piece of ice. Straws for drinking the liquid and spoons for the fruits.

Lemonade. — Well gasy lemon-soda, obtained with 1 3/4 pint gasy water, 7/8 pint very sugared syrup and juice of 5 lemons, also raspe a zest of lemon.

Currant syrup. — Crush in a basin, 6 1/2 lbs red currants and let them stand during 24 hours. Press them in a linen in order to extract the juice, weigh it and put it on fire in a copper basin with twice its weight of sugar, give 2 or 3 simmerings, skim and let get cold. Put in bottles and hermetically close.

Cherry syrup. — Same proceeding, but keep the stones, crush them and mix them with the cherries. Macerate during 24 hours, strain through a linen and for 4 lbs of juice put 5 lbs sugar. Proceed as above.

Orgeat syrup. — Crush 1/2 lb. sweet almonds and 1 oz bitter almonds, wetting little by little with 1 1/4 pint cold water. When all is like a very fine pap, press it through a linen in order to collect the liquid, to which 2 lbs sugar in pieces is added, which is melted on fire until the moment of ebullition. Let it get cold and add 6 table spoonful orange flowers. Put in bottles in a cool place and well closed.

Strawberry syrup. — Macerate during 24 hours same quantity of strawberries and sugar, crush and strain all through sieve, put the juice for cooking during 1/4 hour on small fire. Let it get cold and put in bottles.

Raspberries syrup. — Same proceeding as above.

Lemon syrup. — 1 1/2 lb. sugar and a 1 3/4 pint lemon juice. Warm without ebullition, adding the rasped zest of 3 lemons. Strain this syrup through a muslin, let get cold and put in bottles.

Orange syrup. — As above, perfuming with orange zest, mix the juice of 2 lemons to the one of 15 oranges.

Coffee syrup. — Take 1/2 lb. coffee making a very strong and well percolated decoction. Add 2 1/2 lbs sugar cooked at blow and recook all pearl.

Let it get cold and put in bottles. Two spoonfuls of this syrup mixed with a cupful milk will give an agreeable drink.

Black currants syrup. — 4 lbs sugar and 1 $\frac{3}{4}$ pint water. Boil 10 minutes. Add 3 lbs grained black currants, boil again during 10 minutes, strain through a linen. Boil again and put in bottles.

Rhubarb syrup. — Clean and cut in pieces about fifteen sticks of rhubarb, cook 6 to 8 minutes in 1 $\frac{3}{4}$ pint water. Pour on a hair sieve, well extract all the juice, which is slowly cooked during 15 minutes with same weight of crystallised sugar. Skim and put in bottles, when boiling. Hermetically close.

Apple syrup. — Proceed as for the rhubarb, cooking the reinette apples cut in four parts, without being peeled or removed from their pips. With the cooking water (not too abundant), prepare a syrup with weight for weight, in carefully skimming. Not cook too long, as in this case jelly would be obtained.

Pomegranate syrup. — Graine about a dozen pomegranates, in removing all the white skin, crush the grains and press the juice in a linen. Cook with 1 $\frac{1}{2}$ lb. crystallized sugar per 1 $\frac{3}{4}$ pint juice. Boil 10 minutes, skim and put in bottles.

Homely Chartreuse. — Prepared with "extracts" sold in trade, with their method of using, or with different herbs which are infused.

Mulberry liquor. — 2 lbs mulberries, a bowl of strawberries, and 1 of red currants.

In 1 $\frac{3}{4}$ pint of this juice, put 1 $\frac{1}{2}$ lb. crystallized sugar, melt a moment and add about 3 pints brandy at 50°. Keep 3 weeks stirring from time to time for melting the sugar and filter before putting in bottles.

Same liquor can also be prepared with raspberries mixed with 1/3rd currants.

Anised liquor. — Put in a bottle 1 $\frac{3}{4}$ pint alcohol at 90°, 1 $\frac{1}{2}$ oz. green anise, a pinch of coriander grains, a small piece of cinnamon and infuse during 2 months. Mix in this mixture $\frac{7}{8}$ pint syrup made with $\frac{7}{8}$ pint water and 14 ozs sugar. Shake for making the mixture once per day during a week, then strain through strainer or through a funnel the hole of which is closed with a piece of wadding.

Moka liquor. — Mix 1/2 lb. very good coffee well grilled and ground in 1 $\frac{3}{4}$ pint alcohol. After 15 days, add 1 $\frac{3}{4}$ pint syrup made with 1 $\frac{1}{4}$ pint water and 1 $\frac{1}{4}$ lb. sugar, and cold. Let it stand during 8 days and filter.

Prunella liquor. — Crush about 1 $\frac{1}{4}$ lb. well matured berries, do not remove the stones. Put in a bottle with 1 $\frac{3}{4}$ pint fruit brandy, some vanilla and 1/2 lb. cane-sugar or crystallized sugar.

Close and macerate 6 weeks before filtering.

Black currant liquor. — Put 4 lbs grained black currants in a 1 3/4 pint alcohol at 90°, let it stand during 2 months. Prepare a boiling syrup with 2 lbs sugar and 7/8 pint water, add the infusion and strain through fine sieve or cloth, under pressing. Put in bottles.

Quince liquor. — Peel the quinces after they are well wiped. Put the cleanings in a bottle and recover them with a good cognac or alcohol at 65°. Macerate during 6 weeks. Prepare a syrup with 1/2 lb. sugar and a large glassful water which is mixed with a bottleful of this brandy well strained through a linen. This liquor is delicious for the stomach and internal aches.

Curacao for perfuming creams and cakes. — Dry over the fire the orange peels until they can be breaked. Then put them in a bottle with rum for bathing them. Macerate during 1 month to 6 weeks. Filter the rum which is added to a syrup prepared in the proportions stated for the quince liquor.

Angelica liquor. — Infuse in 1 3/4 pint alcohol at 90°, 3 1/2 ozs fresh sticks of angelica and 5 or 6 chopped bitter almonds. After 15 days, melt on fire 1 lb. sugar and 1 3/4 pint water, remove from fire when ebullition and add the infusion.

Filter to Joseph paper, when cold.

Ratafia of raspberries. — Put in a bottle about 4 lbs raspberries and 3 1/2 pints alcohol at 85°. Hermetically close and macerate during at least 1 month.

Then pour all on a hair-sieve in order to collect the juice in a basin. Add a syrup (2 lbs melted sugar with 2 1/2 pints water) and 7/8 pint kirsch or cognac.

Strain and put in bottles.

Hydromel. — 2 lbs honey, 5 pts water, 2 drams cinnamon, same quantity of macis and zest of bigarrade oranges.

Put all on fire in a tinned basin, stir until that a white foam comes over, pour in a tun which is kept in a lukewarm place, when the fermentation is obtained put in bottles. In order to be perfect, it must only be drank after 1 or 2 years.

The hypocras. — 7 pints Bordeaux wine, 1 3/4 lbs sugar, 2/3 oz. cinnamon in powder and some drop of clove spirit or some cloves infused in some wine which is boiled.

The bishop's (1st recipe). — 1 bottleful Bourgogne, 1 liquor glassful rum, juice of 3 lemons, and 6 oranges.

(2nd recipe). — Macerate 24 hours 2 oranges and 1 lemon cut in rounds in a large Bordeaux glassful of kirsch or Juniper. Strain and put the mixture in 1 or 2 bottles of Chablis and put two spoonful sugar in powder. Keep on ice before serving.

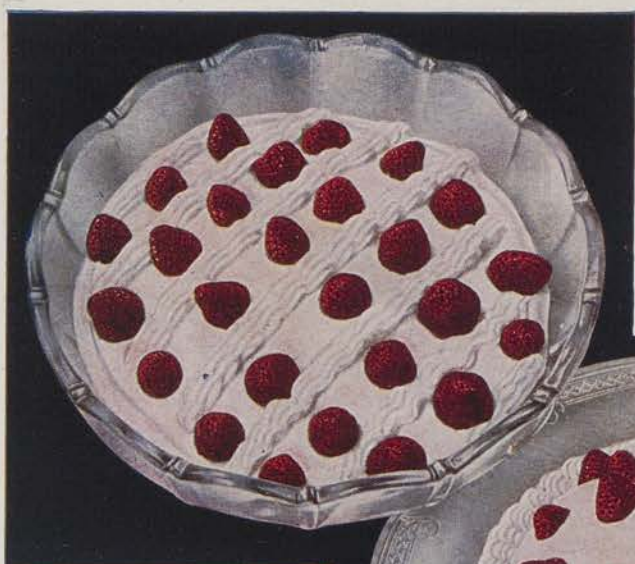


Fig. 418.
Strawberries "Margot"
(see page 663).



Fig. 419. — Chantilly Strawberries (see page 660).



Fig. 420. — Meringues "Fraisalia" (see page 660).

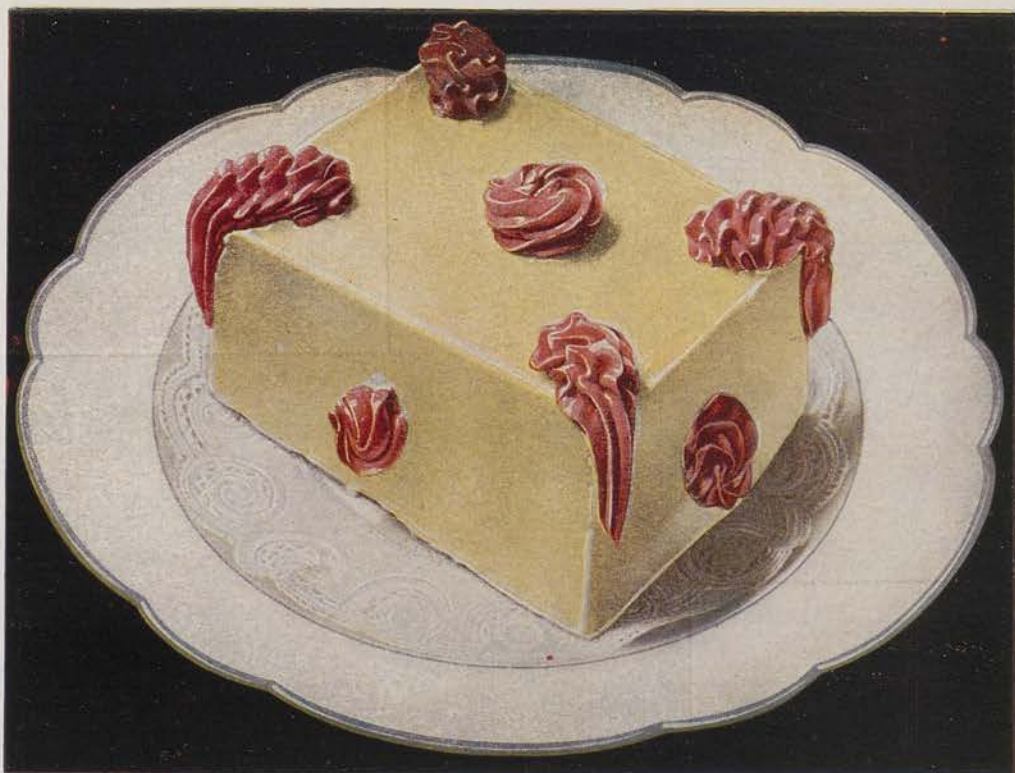
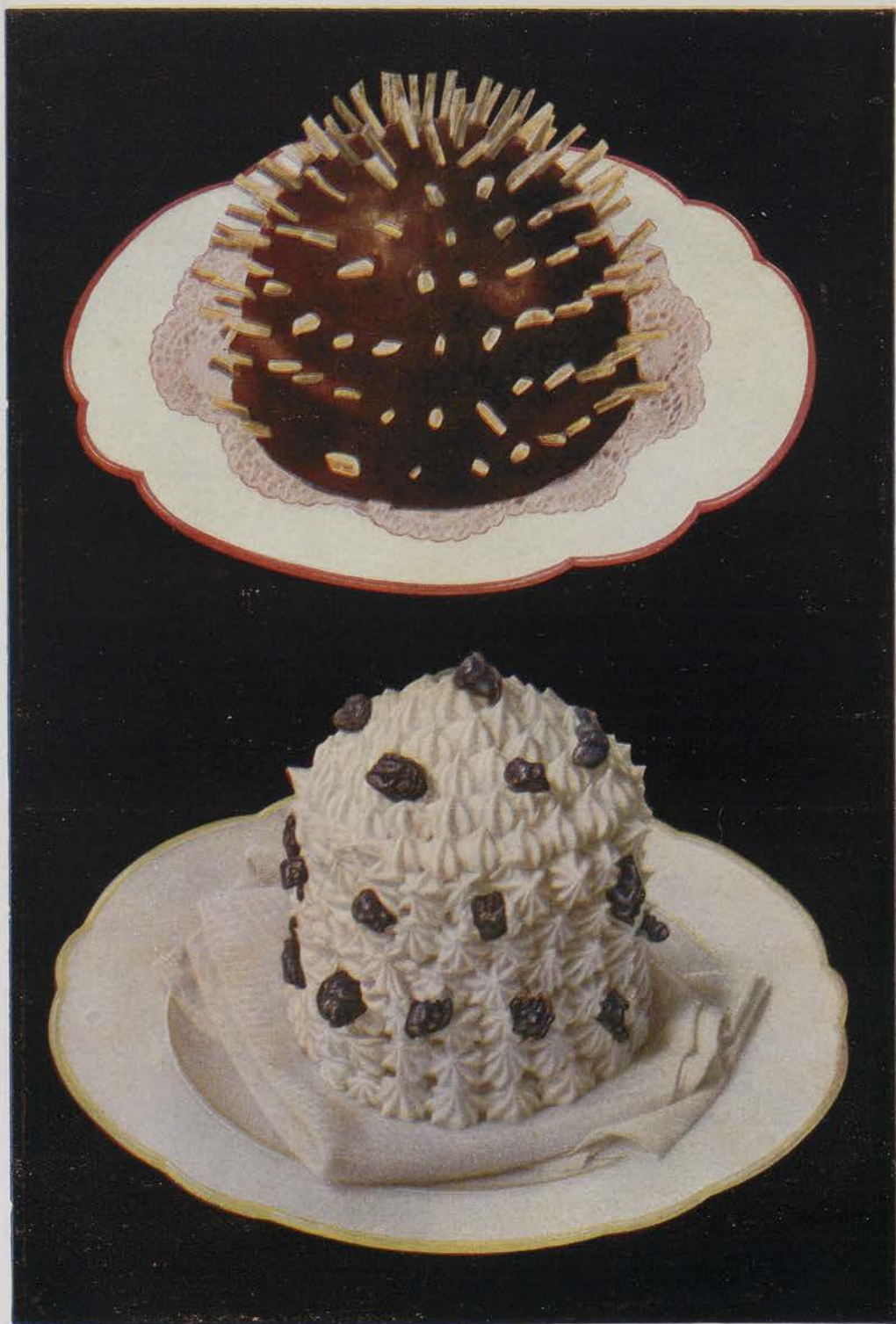


Fig. 421. — Bombe Comtesse Marie [see page 680].



Fig. 422. — Frost mandarines in surprise (see page 681).



— Fig. 423. — Bombe Sorcière (see page 680).
 Fig. 424. — Bombe Boule de Neige (see page 680).

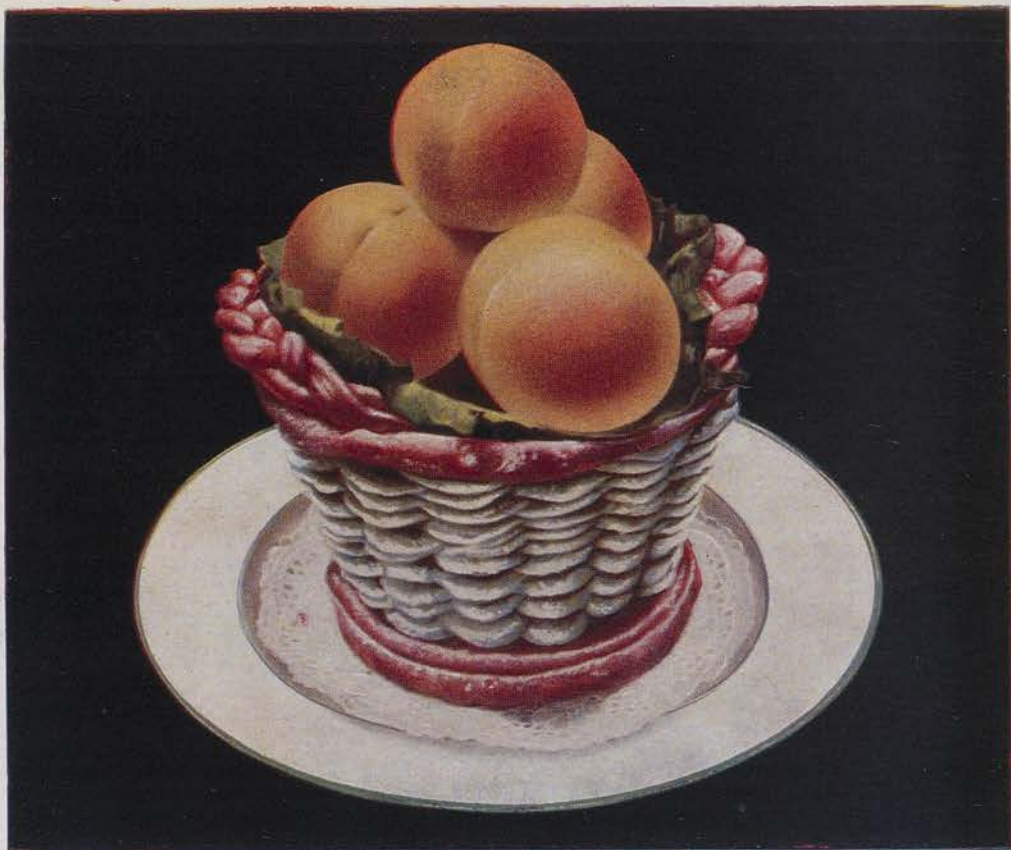


Fig. 425. — Bush of vanilla ice peaches (see page 681).



Fig. 426. Coffee Parfait (see page 678).

Fig. 427. — Variegated ice (Vanilla and strawberry) (see page 678).



Fig. 428 to 431. — Wien cup
Devil cup

Litvine cup
Marinella cup (see page 682).



Fig. 432 to 435. — Caprice d'Arlette
L'Assiette Martiniquaise

L'Assiette Tentation
La Créole Neigeuse (see page 684).

English and american drinks

Claret cup. — Put in a grit pot a bottleful Bordeaux wine, a glassful port-wine and a glassful curaçao, 3 spoonfuls sugar, a bottleful soda and juice of lemon, add some strawberries and a piece of cucumber peel. Keep on ice and rasp a small pinch of nutmeg before serving.

Claret with Champagne. — Put in a silver timbale a couch of finely crushed ice, juice of orange, $\frac{1}{2}$ glassful marasquin liquor, a liquor glassful curaçao, a madeira glassful raspberry or black currant syrup. Pour over a bottleful sweet foamy Champagne and stir.

Serve in cups with slices of oranges and straws.

Champagne cup. — Mix a bottleful Champagne, a large glassful seltz water, a Bordeaux glassful marasquin, 1 of cognac, 4 spoonfuls sugar and juice of lemon. Keep well glazed and serve in large glasses.

Sherry cobblers. — For 6 persons, put in a large bowl a large glassful water, 3 Bordeaux glassful sherry, 4 spoonful crushed ice, 2 spoonful sugar, a madeira-glassful curaçao. Shake the bowl and serve in madeira-glasses with some fruits cut therein : either strawberries, peaches, apricots, bananas, ananas, etc., with straws and a small spoon for the fruits.

The cobblers are made either with fine wines, Champagne, Bordeaux, Rhine wines, etc., they are also prepared with smoky wines and liquors, eithers malaga, xérès, portwine, marsala, etc...

Egg nog. — Fill a shaker with crushed ice at $\frac{1}{3}$ rd. of its height, add 2 fresh egg yolks, 5 to 6 coffee-spoonful sugar in powder, 2 madeira glassful whisky. Terminate to fill with cold milk and strongly shake, divide the mixture in Bordeaux glasses, rasp over a small pinch of nutmeg and serve with a straw.

Bosom scout. — Mix 2 spoonful raspberry syrup, 2 liquor-cognac, 1 glassful milk, 1 egg and crushed ice, glassful whip all and strain through sieve in port-wine glasses.

Whisky cherry. — A glassful whisky, 1 spoonful gum syrup, 1 of orgeat syrup, 1 of Cherry, 1 juice of lemon and some ice. Well mix and add some seltz water.

Pick me up. — In each large glass of lemonade, put half a juice of lemon, some drops of Bitter and a spoonful curaçao. Fill with seltz water or foamy Champagne and crushed ice.

Whisky Flip. — Beat 1 egg with 2 spoonfuls sugar in powder, add a glassful whisky, a small pinch of nutmeg, crushed ice, strongly stir and serve in Bordeaux glasses.

Porto Flip. — Put 1 egg yolk, a spoonful sugar and mix all. Add a liquor-glassful marasquin, a glassful white port-wine and some crushed ice. Well stir and serve. (One egg yolk is necessary per flip.)

Devil Milk. — Mix some raspberry syrup and a liquor glassful cognac, 2 spoonful crushed ice and fill the glass with milk. Well beat and serve with straw.

Saint-James Cup. — Join in a jug 7 ozs sugar, 1/2 pint water to melt it, 7/8 pint cognac, 7/8 pint Saint-James rhum, 1 glassful curaçao, 1 3/4 pint very strong cold tea, some crushed ice and at the time of dividing the drink in glasses, mix a bottleful coked cider. This is a sort of glazed punch.

Cocktails

Adversary of these mixtures, I cannot go without mentioning these, even in this book presented for good things.

Spleen cocktail. — Put in a shaker a glassful madeira, a glassful curaçao, a glassful cognac, a small pinch of nutmeg and zest of orange. Shake it and serve with crushed ice.

Sport cocktail. — A glassful Cherry, a glassful Dantzic brandy, some drops of prunella liquor. Serve in port-wine glasses.

Cherry cocktail. — A madeira-glassful Armagnac, 1 glassful marasquin, 1 glassful Cherry, 1 pressed lemon, 1 fillet of angostura, a fillet of currant syrup. Serve with straw.

Russian cocktail. — Put 1/4th vodka, same of vermouth, half less of Cherry and a cupful thick cream.

Richelieu cocktail. — A madeira-glassful gin, a madeira-glassful vermouth, 1 spoonful pomegranate syrup, juice of lemon and beaten egg. Strongly shake and serve with ice.

Cocktail of Auge Valley. — A small glassful Calvados, 2 spoonful pomegranate syrup, and fill with cooked cider, well set with ice.

Black corso cocktail. — Put in equal parts : very strong good coffee, some Cordial Médoc and kirsch. Well mix and serve glazed.

Emerald cocktail. — Put a glassful Pippermint, a glassful green Chartreuse, 2 glassful gin.

Well set and serve with a small pinch of rasped nutmeg over.

Champagne cocktail. — Put 2 coffee-spoonful sugar, a glassful Champagne, a Bordeaux-glassful vermouth, zest of lemon.
Shake with ice and serve with straw.

Enraged cocktail. — 1/4 vermouth, 1/4 pomegranate syrup, 1/4 Cointreau, 1/4 rhum, some drops of lemon and a brandy cherry in each.

WARM DRINKS

Coffee

The best sorts of coffee are never used alone and in general mixtures are bought, all prepared by specialists.

The grain must have the colour of dark chestnut peel and brilliant, not too much torrefied. When too finely ground, the water which is poured take it through the filter and the coffee is not clear and well grossly ground, the liquid has some difficulties to pass through it and a part of aromate is lost.

One of our best mixtures is constituted in equal parts of Moka, Bourbon and Martinique. Another, also good, is composed of half Moka, $\frac{1}{4}$ th Bourbon and $\frac{1}{4}$ th Brazil.

For the dressing of coffee, the choice of apparatus is very important: There exist a very great sort, as from the old filter in white iron to the electric coffee-dish. In our sense, the varnished earthenware pot (or in porcelain) gives very good results. We can only blame the proceeding consisting to remove the coffee in a silver-coffee-dish for serving. It loses $\frac{1}{3}$ rd of its good taste.

Put $\frac{1}{2}$ oz. ground coffee per person, well pressing, put over about a cupful boiling water, cover and proceed in this way at each 8 or 10 minutes. The coffee is swelling, each wet part is enlarged and the water which is poured keeps all aromate and active principles of coffee.

Pour then the boiling water per small quantities (the ebullition is stopped 3 minutes before serving, in order to avoid to lose some aromate owing to the evaporation). During that coffee is made, keep the coffee-dish in bain-marie.

The coffee must be prepared at the last minute, as if remaining during a too long time in warm, it can lose its aromate.

Turkish coffee, also called Moor coffee. — For making this moor coffee small copper pan with long handles are used. After that the coffee is ground in a special mill, called "évouva," which gives a powder as fine as flour, put $\frac{1}{2}$ oz. or a good table spoonful per ordinary coffee-cup, then 7 drams sugar at the same time, with a cupful of warm water, not boiling, mix with the spoon and put on a sweet fire. Slowly cook, without letting it boil, and in stirring one or two times. Well ascertain when it foams and rises. At this moment, remove it 3 minutes, then put it on 3 times in this way and remove it.

Some foam will be produced on the surface, lightly shake the casserole on the table and the foam will become white.

Then take the foam with a spoon, put a small quantity in a cup and terminate to fill with coffee. Do not stir in the cups with the small spoons, as some marc is in the bottom, and further there is no reason of stirring as sugar has been put at the same time than coffee.

This is the real recipe obtained in the land of Turkish coffee.

Chocolate Bavarian. — The Bavarian is a warm drink (which must not be confounded with the Bavarian which is a cold entremets).

Put in a casserole 5 egg yolks with 7 ozs sugar and work with whip and white it. Pour over $\frac{7}{8}$ pint boiling milk in which 5 ozs chocolate are diluted and also mix 1 $\frac{1}{2}$ tea cupful of strong and boiling tea. Let it get set at the bain-marie, rolling the whip between the two hands in order that the drink is foamy and serve in special glasses or tea cups.

Nota. — The Bavarian can also be prepared with coffee, vanilla, kirsch, rhum, etc... In this case, the liquor is added at last time.

Chocolate. — For a bowl of chocolate dilute a tablet of about 1 $\frac{1}{2}$ oz. in half coffee-cupful water; when the chocolate is well cooked, add the necessary milk for the bowl or breakfast cup. Slowly cook during 5 minutes. Some chocolate in powder can be used, which will be mixed in the milk. Slowly boil.

Cacao. — A table spoonful (not too full) powder of cacao, melted with some water, add the milk and sugar to taste.

Punch with rhum (15 glasses). — Prepare 1 $\frac{1}{4}$ pint of somewhat strong tea with 12 ozs sugar. Strain and add the slices of lemon, $\frac{1}{2}$ bottleful rhum and flame it. Serve with slices of lemon in each glass.

The punch can also be prepared with kirsch in the same manner.

Orange punch. — Prepare the tea as above, but lighter. Press the juice of 6 oranges and 1 of lemon, add 6 other oranges cut in thin slices, $\frac{1}{2}$ pint rhum and 6 table spoonful curaçao. Flame in a punch bowl or in a salad-dish, in stirring; after extinguishment serve in large cups with several slices of oranges.

Punch with white wine. — Dilute on the fire $\frac{1}{2}$ lb. sugar with a bottleful good white wine (Sauternes for instance). When it becomes to have a foam and before it is absolutely boiling, infuse the zest of orange or lemon, some cinnamon and a clove. Strain and add a coffee-cupful of Fine Champagne and flame. Serve with slice of lemon in the glasses.

Punch with milk. — Melt on the fire 5 $\frac{1}{2}$ ozs sugar with $\frac{1}{2}$ pint of water, then add $\frac{7}{8}$ pint rhum and same quantity of cognac, when well hot, add 2 $\frac{1}{2}$ pints warm milk, mix 6 egg yolks with some warm milk and mix all without boiling.

Warm Wine. — Exactly prepared as white wine punch, replacing this one by red wine of Bordeaux.

Strengthened hot wine. — Put in a casserole : 5 ozs honey, 2 bottleful red Bordeaux, 6 table spoonful madeira or port-wine 4 cloves. Warm in stirring, but do not let it boil. Pour on 6 eggs well beaten with a cupful water. Put on the fire and whip without boiling, serve in warm cups.

Mulled egg. — This is a bowl of boiling milk, well sugared and aromatized with rum or cognac and in which, apart from fire, an egg-yolk is mixed well beat and serve somewhat foamy.

Tea. — Put some warm water in the tea-pot for warming it. Put the tea and pour over a small quantity of boiling water. After a moment put the remnant of water always boiling. The tea is rapidly infused and is served with milk or cream and pieces of lemon.

Tea with mint. — Mix 1 or 2 leaves of peppered mint with the tea; when fresh mint is obtained put one leaf in each cup and pour the tea over. The two aromates are agreeably mixed.

The Maté. — This product introduced in Europe possesses remarkable properties; it is used as a tonic and even as an ordinary drink; in the South America, principally in Brazil, Chili, Peru where it has a place so important than tea in China or beer in Germany.

The maté is infused as tea, in putting about $\frac{2}{3}$ oz. of maté leaves in 1 $\frac{3}{4}$ pint water, poured well boiling. Let it stand longer than for the tea for serving, sugar and add facultatively milk or lemon juice as for the tea and even a small quantity of alcohol, rum or other to give a well pleasant taste.

Owing to the strengthening and healthy qualities of this drink, we have mentioned it in the memorandum of feeding.

Grogs. — Fill $\frac{3}{4}$ th of glasses (containing 2 pieces of sugar) with boiling water, continue to fill with rum, put a round of lemon.

American grog. — Infuse during 3 weeks in a bottleful of good rum zest of 3 oranges, a clove of vanilla, 3 cloves and a little rasped nutmeg. Strain through a linen and mix $\frac{7}{8}$ pint cold syrup made with 2 tea cupful water and 12 ozs sugar. Put in bottles which are kept in a cool place. Serve $\frac{1}{3}$ rd of glass which is filled with boiling water. Put a round of orange over.

Scottish grog. — Same dressing with cognac instead of rum and use apple syrup.

Infusions. — At the end of dinners, infusions of lime-tree flowers, mint, vervain, camomile, etc., are often served. All are made putting the flowers or leaves in the tea-pot and pouring over some boiling water. Infuse during 5 minutes. 2 infusions can also be mixed, either lime-tree flowers with mint, lime-tree flowers and starred anise.

March 1936.

1st Part. — COOKERY721

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